THE
CANADIAN NURSE
A Monthly Journal for the Nursing Profession in Canada

VOL. XIII. VANCOUVER, B.C., JULY, 1917 NO. 7

Medical Inspection of Public Schools

Dr. Frederick S. Minns,

Chief Medical Officer, Board of Education, Toronto, Canada

The proverbs of every race and country are a national possession, the heritage of succeeding generations. Even the fallacious are quoted on all sides with apparent reverence. Others containing germs of truth are quoted but neglected. Of such a kind is the maxim that "Prevention is better than cure." It is on everyone's lips almost from childhood, but its principle—remarkably true—is ignored by all sorts and conditions, the rich and the poor, the educated and the ignorant. "Medicine," wrote Plato more than two thousand years ago, "is the science of health." Today it is popularly regarded as the science of disease. But had the truth of Plato's dictum been recognized, some Government department of preventive medicine would long ago have been established in our midst.

In the schools of ancient Greece, at least one aspect of school hygiene, namely, physical education, was recognized as a necessary means of developing the ideal citizen—the true function of education. The training of the body was regarded as of equal importance with the training of the mind. In any rational and well balanced system of education, the child's whole being is cared for, the physical, intellectual, and moral natures are trained and cultivated.

From the time of ancient Greece until the close of the nineteenth century, there is no record of interest in educational hygiene. It is only now, in the twentieth century, that in nearly every country of the world there has been an awakening followed by a steady development. Modern civilization is again beginning to approximate the system which obtained in Greece, when a national school which trained the mind only and neglected the body of the pupil was an inconceivable institution.

Had the importance of preventive measures been more thoroughly realized there would have been less delay both in the recognition of the necessity for, and in the institution of medical inspection.

Routine medical inspection of children will neither prevent nor materially alter the course of outbreaks of epidemic disease. The school is by no means such an exclusive centre for the dissemination of acute infectious diseases as is generally assumed. It should rather be regarded as a convenient place for studying the incidence of these diseases and for

L 31 1917 MEDICAL FACULTY, McGILL EDITOR, C. M. A.

devising new methods for controlling their spread. Although the majority of schools are not hot-beds of infection, nor do the majority of schools show a proportion of degenerates or underfed children, or children suffering from infectious disease, every school does contain a percentage of children suffering from unrecognized defects.

The activity of the smaller countries is notable. Sweden was the first country to adopt a scientific system of physical training in 1813. This system of physical training, or some modification of it, is still regarded by many as the best. The Swedish Government in 1840 appointed school doctors in some of the training colleges, and in 1863 prescribed duties for school physicians in secondary schools. Medical supervision of primary schools was inaugurated in 1895.

Russia: In 1871 Russia made provision for medical inspection. The Minister of Education has a medical department at his service.

Germany: In 1883 the first school doctor in Germany was appointed at Frankfort-au-Main. There is no power of compulsion. The work in Germany is very thorough, and one of the aims of administration is to "reduce as far as possible the number of children allotted to each school physician, with the object of securing more personal work."

Austria-Hungary: In Austria-Hungary the office of school physician was created in 1885, and two years later a number of physicians with specified duties were appointed for the secondary schools.

France: In 1886 the medical inspection of schools in France was instituted for all departments.

Norway: The history of medical inspection in Norway presents a model of orderly and progressive legislation. In 1885, some localities had appointed school physicians. In 1889 permissive regulations were passed, empowering local authorities to appoint health inspectors. In 1891 these regulations were made compulsory. Although the population of Norway is so scattered that ten per cent. of the children walk two and one-half miles or more to school, every school has a medical officer.

Argentina: In 1888 the Argentina Republic entrusted the medical supervision of primary schools to a school medical board.

Switzerland: In 1898 the Swiss Federal Government recommended the medical examination of all children upon their first admission to school.

Japan: In 1898 in Japan the Minister of Education ordered the appointment of school doctors at every public school.

Victoria: New South Wales and Tasmania have introduced a system of medical inspection.

England: The Education Act of 1870 established the board school and made education compulsory, but educational authorities were slow to apprehend the value of medical advice and assistance.

"It is an ill wind that blows nobody good." The South African war which stirred the colonies to join the Motherland in her struggle with the Boers, also opened the eyes of the British Government to an unsuspected and greater danger at the very heart of the nation. Of the recruits who offered themselves for service in the war, from 60 to 75 per cent. failed to measure up to the army standard and were rejected as unfit. This was especially alarming since the army standard had already been lowered four times since 1845.

The movement in favor of medical supervision in education culminated in the Education Bill of 1907, which made provision for health inspection in the following terms: "The power and duties of a local education authority under Part 3 of the Education Act shall include: The duty to provide for the medical inspection of school children immediately before or at the time, or as soon as possible after their admission to a public elementary school, and on such other occasions as the Boards of Education direct, and the power to make such arrangements as may be sanctioned by the Board of Education for attending to the health and physical condition of the children in public elementary schools." It is thus incumbent on the educational authorities in England to make systematic investigation of the health of school children, and they also have the power of at least attempting to insure that the health of the children shall be of such a standard that they may profit by the education provided for them.

United States: In the United States the chief aim of medical inspection has been directed towards the prevention of infectious and contagious disease. Much useful work has been done in this direction by various municipalities, but very little has been accomplished with regard to the real problems of school hygiene, except in Boston, where a director of school hygiene was appointed as early as 1891.

Coming now to our own country, we find that in all the provinces a beginning has been made. Public interest is being gradually awakened and the medical profession generally advocates increased attention to the physical condition of the pupils in our schools.

British Columbia: In the year 1910 the Legislature of British Columbia passed an Act regarding the medical inspection of schools. It is a compulsory Act.

Alberta: Provision was made in 1909 by the Alberta Legislature for the employment of medical officers in town and city schools. Edmonton and Calgary have begun this work.

Saskatchewan: In Regina, Moose Jaw and Saskatchewan medical inspection has been established.

Manitoba: Winnipeg has a well organized system of inspection.

Quebec: Fully organized medical inspection of schools exists in the City of Montreal, where the work is under the authority of the City Council, and is conducted by a medical inspector and his staff. In West-

mount, Lachine, and Three Rivers, medical inspection of schools is also being carried out.

New Brunswick: The City of St. John has taken up medical inspection for the schools.

Nova Scotia: In the City of Halifax, the School Board has appointed two medical men as inspectors. In Amherst a very thorough and well organized system has been put into operation.

Ontario: The City of Toronto was the first place in Ontario to introduce medical inspection. Medical inspection was begun in the Toronto public schools by the Board of Education early in 1910. In Niagara Falls, St. Catharines, London, Hamilton, Brantford, and a score of other places the work is being carried on.

The Department of Education issued permissive regulations governing medical, dental and nursing inspection of public schools in 1914. The first clause of the regulations is as follows:

"Where provision has been made for free medical treatment of the pupils whose parents or guardians are unable to pay therefor, one School Board or a number of School Boards acting either by themselves or in conjunction with other local organizations approved for this purpose by the Minister, may by resolution adopt a system of school medical inspection."

The Department of Education in these regulations makes provision for each school individually. Provision is also made for a number of schools collectively. The school is established as a social and public health agency. The regulations are broad enough to include every other social or health agency which wishes to coöperate with the School Board with the approval of the Minister of Education.

The argument in favour of medical inspection of schools lies in the fact that in a large number of school children there are physical and mental conditions which are injurious to health and form a serious handicap in their education, or may constitute a menace to the health of their classmates. Many children have conditions at present overlooked by both the teachers and parents which can be prevented or corrected. Others are suffering from diseases, the serious nature and consequences of which no one but a medical man can recognize. Medical inspection is necessary because some parents are ignorant. It is only a means to an end, and the end is the education or enlightenment of the people in health matters.

The school is the nursery of the nation, and by reason of the ignorance of parents, all aspects of the whole question should be treated as educational problems. Children must be taught how to live healthy and cleanly lives. Ignorance can only be conquered by sympathetic, tactful education, which is the function of the school. It has been said that if all parents had an intelligent knowledge of hygiene, medical inspection of schools would be unnecessary, for all defects would have been discov-

ered at home. But it is too plainly evident that ignorance is the rule, and that even in the families of intelligent people serious disabilities in children pass unnoticed, and minor deformities are frequently overlooked by parents who are by no means careless or indifferent to their children's welfare. It is to the undoubted advantage of both parents and children that any defects should be discovered as soon as possible, and that in the cases of weakly children, or those handicapped in any way, some modification of the educational course should be instituted. It is no less clear that in the interests of the strong and healthy this elimination should take place, for it is not fair that they should be delayed in their progress by the drag of their less capable classmates. If there is any doubt as to the existence of these defects it can best be set at rest by a study of the results of medical inspection in various centres. Clean and healthy children have also a right to be protected from the results of contact with their dirty and neglected classmates. And the great question of the day, the question of tuberculous infection, must not be lost sight of. Evidence is rapidly accumulating that it is especially during childhood and school life that the tuberculous seed finds a nidus. The school doctor cannot abolish all this ignorance and neglect, nor will he educate all the parents at once, but in the course of a few years a vast improvement will be noticeable if an adequate system is introduced. The teacher cannot do justice to any individual child without such knowledge of its mental, moral and physical development as can scarcely be acquired without the doctor's help, And though the teacher may be able to form an adequate judgment of the child's general capacity, yet every teacher will recall many a difficult case in which he would have been glad of the advice of a school doctor interested in the study of child life. Medical inspection of schools should have been the first step in any compulsory system of State education. The past generation of educationalists had few ideas beyond teaching, reading, writing and arithmetic to all and training the more intelligent children to win scholarships. There was no idea of educating each child to play his part as a citizen of the State. In consequence the one essential step was overlooked, and educational progress has been conducted on wrong lines for many years.

The scope of medical supervision should include the school building, its construction and architecture, the healthfulness of its site, its ventilation, illumination, and the methods used in keeping it clean and free from dust; its furniture, cloak rooms, fire escapes, sanitary conveniences, gymnasiums, baths, and playgrounds. To be complete, medical inspection should also include the examination of the teacher.

The school doctor should be tactful and considerate in his relations with the teaching staff. Discipline requires that the teacher's position be paramount. In the work of examination and supervision the school doctor should be tactful and show consideration for the feelings and even the prejudices of the parents. It is fairly evident that in addition to medical qualifications a school doctor should have some acquaintance

with educational problems and with the general routine of the school teacher's work.

The school nurse forms the connecting link between the home and the school on the one side, and the home and the hospital or other medical agency on the other. She enables the child to stay at school or to get back to school in the shortest possible time.

In any system of medical inspection the teacher must necessarily be a very important factor. The teacher has the child under observation the larger part of its school life. School medical inspection is not a passing fad introduced to add to the already overburdened curriculum, but comes rather as a leavening agent to make all school problems lighter.

Having adopted the principle of compulsory education, and undertaken the expense of it, the public has a right to demand the best results.

It is much to be desired that some degree of compulsion could be imported into our system of school hygiene. And why should not this be tolerated? The law of the land has already said to the parents in compulsory education, "Thy child must not grow up in ignorance." When will it say to the ignorant, apathetic or penurious parent: "Thy child shall not grow up in disease if that disease is remediable." At present while the responsibility devolves upon the parent as soon as he is notified by the school doctor of any ailment or defect in his child, the community or State should see that this responsibility is met.

One can readily see that medical inspection has far-reaching social, economic and moral phases. It is an attempt to make sanitation universal, to eliminate preventable disease, to perfect the social and individual health status. It means increased human efficiency, greater earning capacity, a normal social life and a better physical foundation for sound social and spiritual growth. It indicates that society is attempting to meet its social responsibility by protecting the whole of human kind from the menace of its defective members. It recognizes that one of the keenest socio-sanitary indices of a community's life is the care which it takes of its future citizens.

Baby Hygiene Nursing

(By Helen G. Churchill)

When the public health nurse first goes into the work, she sees so many wrongs to be righted and so much needless suffering that she is appalled. However, she decides that she will be a real reformer, tell and help the people to improve conditions, and so accomplish great things right away.

But she has to deal with human beings just like herself, those who do not make the best of their opportunities because they are "so tired,"

or it is "too much work"; or perhaps they have been brought up in a certain way which was good enough for their mothers or their grandmothers, and so does perfectly well for them. After a little while, she realizes that any growth is slow, and that she cannot expect to make over the little circle with which she comes in contact, but that she must go to the people just as she would approach any other friends; praise all she finds that is praiseworthy, suggest changes only when she can *show* such changes beneficial, always be interested to listen to a recital of their good news or their troubles, and prove that she is a friend indeed.

Any nurse who is sent to relieve an acute situation is received gladly. She can take charge of affairs and frankly state that unless certain improvements are made and a reasonable standard maintained, the patient will suffer; but the nurse doing preventive work usually makes her first visit because a neighbor or a social agency feels there is something wrong in the family referred; and it often means hours of work, many calls, almost endless tact and patience, and the establishing of a real liking, before the nurse has the slightest influence in the household. She must be interested herself, if she would interest others, and she must have real help to give, if she is to make her visits desired.

On my first call, I usually mentioned the people who sent me, encouraged the mother in every possible way, and invited her to bring her baby to the very next conference. Sometimes it would take several calls to get the desired response; many mothers never responded at all; but often they came after my first visit, and once registered, the babies were kept under supervision for a year, at least.

At the conference, a physician is in attendance, and after the baby is undressed, weighed and has his weight recorded on his card, if he shows a normal gain, he is allowed to go home; unless his mother wants to see the doctor. But if baby is not doing well, the mother is urged to confer with the physician, who, by kind, careful, interested questioning can usually find out why the little one loses, and then encourages the mother and advises her how to do better before the next conference.

As soon as possible the nurse visits every family in which the doctor orders change of treatment, to see that his orders are understood and carried out. For instance, one of my older babies was not gaining, as the mother's milk—as shown by laboratory test—had grown weak. The doctor advised the mother about her own diet, exercise and so forth, and ordered one feeding of Cream of Wheat daily for the baby. The next morning I called to teach the cooking of cereals, and found the poor baby blue in the face, coughing and spluttering and generally uncomfortable. When I asked what the matter was, the mother replied excitedly, "I don't think much of that doctor. I've just given Gladys shredded wheat and she doesn't like it at all!"

At the milk stations in Boston, a nurse is on duty from 7.45 till 9.30 every morning, to see any who may desire her advice, or answer questions, or take names and addresses of people who want her to see

their babies surely, and to sell an excellent grade of milk at cost, for those mothers who must bottle-feed their babies wholly or in part. This milk is a little more expensive than store milk, but when babies are doing well on it their parents can usually manage to pay the difference. If for any good reason they are unable to do so, there are charitable associations which will always tide a family over a hard place, and it becomes a nurse's duty to present such a case in so sensible and clear a way before the agency from which she desired aid that it is given and the family much benefited thereby.

One morning Mrs. P—— sent for me in such haste that I feared the baby must be dying, but when I reached the house I found the mother ill and discouraged. For some time she had been failing, and I had finally influenced her to see a doctor, who in turn had referred her to the tuberculosis hospital, where she had been pronounced "first stage," and advised to go to a sanatorium at the earliest opportunity. I stayed quite a while talking it over with her, and finally she consented to go. Only last week I had a letter from her saying she had gained sixteen pounds, was able to help with some of the lighter hospital duties, and felt thankful she had taken treatment, but should be happy to return to her six little girls, who had been cared for by their father during the mother's absence. Two of the children were in the country all summer, through the kindness of one of the settlement workers whom I interested in the family; and the same social worker took one of the other children to the hospital one morning after she had shown me a very sore eye, and repeated the hospital visits all through the long, tedious weeks of treatment, so that the little girl has that worker to thank for the sight from two eyes which the doctors thought at first might become blind. The care that those older children gave the little ones, and the love the tots have for their big sisters, make that home a very happy place in which to live.

Just as I was leaving the house, I met a woman who told me her baby had a sore chin, and when I went to see him he was also all covered with a rash. The family was very poor, the father a hard drinker, and the poor baby was lying on a quilt spread over a spring, the upper end of which was attached to a headboard, while the lower was supported on a pail. Two other children, flushed, bright-eyed and with discharging noses, were fussing for dinner, but there was no food in the house. I telephoned the district physician, who went in at once, pronounced the illness measles, and communicated with his nurse, who had the children all sent to the hospital that night. When they came home they were rosy, plump and in better condition than they had ever been before.

The next few calls did not seem to amount to much, as in one I only put the milk jar in the icebox and tried to explain the importance of keeping milk cold. The mother did not seem much impressed, but ever since, if the jar has been on the table when I called, she has always said she has "just that minute taken it out of the icebox."

The next family needed fresh air, so I lowered the window and said how important it was to let the baby's cold go out over the top of the window instead of keeping it in the room. I have demonstrated the same thing time and again there, but nearly always have to open the window myself, no matter how they try to excuse its being closed.

My next mother was young and nervous, just home from the hospital with her first baby; so I gave him a bath, then ran in again the next few days to watch and help, till bath was given easily by the little woman. Next, I called on some twins, and as their bed looked untidy, I slipped in my hand and pulled out a wet wad of flannel which had been placed under the babies for their comfort. Then I drew out another and another, until there were fifteen soaking rags of all sizes, shapes, kinds and materials lying on the floor. With clean things the crib was remade and the mother shown how much more comfortably the babies rested on one dry, smooth, clean cloth than on divers and sundry rolls of wet pads.

Any baby who is fussy or ill is carefully examined for distention or rash, his throat, mouth and ears are looked over and his temperature taken. If he has any marked symptoms, he is referred to the family doctor, if the parents can pay; otherwise, he is sent to the out-patient department of the nearest hospital or dispensary. If the mother cannot possibly get out, because she is ill, or has several small children, and no one to look out for them, the district doctor is asked to call, while a rash, discharging eye or suspicious sore throat is reported immediately to the Board of Health.

At first, all the modified milk was prepared in the milk laboratory, but now the conference physicians order simple formulas, and the nurses teach the mothers to prepare them. The first morning the nurse sterilizes bottles and nipples, measures all the ingredients, and demonstrates just how the milk should be prepared. The next morning, the mother makes the mixture while the nurse watches her and corrects whatever is wrong. If the mother is intelligent, the nurse may not go to her again for a day or two, but if she does not understand, she has to be visited and instructed day after day, till she mixes her baby's food correctly.

Many times the calls are just friendly, and after general questions concerning the welfare of the family, a new hat may be tried on or a new piece of furniture proudly exhibited.

There are so many ways of helping after we become acquainted, that we can never tell what we shall be called upon to do. There may be a stopped-up drain, or an aching tooth, or a drunken husband, or a sore-hearted older girl to be looked after, and in all cases we must try to be kind and wise.

One baby and his grandmother are always a comfort after a hard day. He was my very dearest baby, and fell from a roof to the ground; but, besides a broken jaw and a severe shaking up, was not seriously hurt. However, his mouth needed daily irrigations, and although he used to cry lustily over the treatment at first, he was very good and

patient. Finally, I sent him to the Harvard Dental School, for his jaw would not heal, and on going in they found an abscess, cleaned it up and he became well. One evening, after a day full of hard luck stories, I ran in to see him for a minute, and we had a frolic together. As he stood making eyes at me, I put out my hand to him and said, "I love you, David." He came across the room, put his little chubby arms as far around me as they would go, laid his head against my knees and said, "I love you, too."

So, as in all life, many things go wrong, but many others right. There are many sorrows, but there are also joys; there is much that is ugly, but certainly the love of a little child is a beautiful thing, and compensates for much hard work.

Diary of a Red Cross Nurse in Serbia

Kragujevatz, September.

There was a hush of expectancy in the air. We all knew the English and French were at Salonika—we all knew the Austrians were amassing on the Northern frontier, and the Bulgars on the East. Daily the question was asked: "Have the Bulgars attacked?" If they did, then Greece would come in—of course Roumania would come in—the English and French would come up, and then in Servia would be the "Great Fight." And so we waited, fearing, and yet anxious for the fray. Almost daily the enemy aeroplanes could be seen, like graceful birds, swiftly skimmnig through the ether. The first attack felt entirely different from listening to the distant booming of guns, or anything else equally heroic. I was stepping into my pie-dish of a bath. Crash! the glass of my window came in a little more noisily than necessary. Crash! Crash! We were within five minutes of the Arsenal—the centre of attraction. Would I wash? Well, it wasn't decent, to say the least of it, to be killed without clothes on, so helter skelter into various garments. Two of the doctors had already passed down towards the Arsenal. It was simply absorbing to watch the shots. The little white puff now appeared to envelop the aeroplane, but no, whizz! and another crash. The hospital was full of refugees. Two of the more convalescent patients had climbed through the trap-door on the roof to watch events. Afterwards they were duly chastised by headquarters. Poppa, the religious stay of the building, was in the depths of the cellar, for once setting his flock such a good example that they were too panicstricken to follow. Crash! and down went a bomb right through the house on the opposite side of the road. A man in a field to the right was killed and the leaves from the trees strewed the ground thicker than after a storm in Autumn. Matron and I were pulled rather unceremoniously into a house on the left—an old man, over 70, his white hair smeared with blood, his face

composed as in sleep—quite dead. The crowd were pushing in and we must go. The little white clouds have been chasing the enemy hard. The destruction is over for one day, and we go home to "Brekker."

Next morning, crash! crash! crash!—the same all over. Breakfast just finished, when there is a cry: "Come and see!" From out a puff of smoke, oh, so high, burst a flame. A fiery, seething mass comes down, down, down. Where will it land? It seems right overhead—now the middle of the town—there, right opposite the Royal Residence in the street.

Flames!—the burning petrol, over which water seems to have no power! The two occupants are charred. One in the upper part unscathed, stares awfully out of the unutterable agony of that death! The crowd have to be held back forcibly. Another is brought down outside the town, but only the wing is found. Days pass, and fighting has begun. Letters come more and more irregularly, then cease. We know the Bulgars have cut the line. Meanwhile, day and night, trainloads of wounded are brought in. The poor fellows are horribly smashed, but there is no time for feeling or anything. The worst cases are brought straight in. The rest sit and lie around in the yard where they are duly barbared by a dapper little fellow who goes around at an alarming rate—taken by Austrian prisoner orderlies and tubbed. The first dressing is done as rapidly as possible and to bed. How they longed for bed. I can still hear a poor boy, with his head any shape but the normal, saying: *"Daite me krivet molim, vas"* (Give me a bed, please). Our field ambulance now left for the Front, and many a strange tale could they unfold. I even heard they sat on chairs in a village street whilst the Serbian army, in full retreat, swept down past them.

The booming of guns can now be heard. Report has it that one place after another has fallen. Belgrad, the glory of the Serbs, is in the hands of the enemy, and still the wounded pour in. Report has it that the English and French are at Nish—relief is at hand. One day, passing the square in the town with our interpreter, I asked him what a huge gathering of old men meant. "These are too old to fight," said I. "Oh," said he, "they will fight better than the young." I did not understand. "Well, they *must* fight; they are too stiff to run away." Later I learnt the force of his remark.

Our boxes and heavy luggage have now left, addressed for home. One bright, sunny day our front garden was invaded by a troop of English women. There they sat quite at ease, one nursing a tiny kitten she had brought. The shells had been falling all round their camp at Mladenovatz, and within a few hours' notice they had to quit. That evening they had sleeping quarters in order, and next morning they were all busy in a dressing station. Now we knew things were getting close. All day and every day the streets were thronged with refugees and oxen-wagons passing through. Then the town was evacuated. The thronging, the pressing, the hurrying, and then the quiet.

Our Mladenovatz unit packed and went and we saw them no more—("ships that pass in the night"). Our Austrian orderlies were mostly away. The morning they went, how they brushed up and tidied themselves, and as they swung round out of the Hospital yard, in step, with heads erect, who would know they had been prisoners over a year? How the orderlies remaining shouted "Sbogam!" and clutched at their friends as they passed. They had served us well—very well—and we were sorry to lose them. May our next war not be with Austria!

The end of October—Sunday night, and our orders to quit. Would our patients never understand that those who could at all move must go South? Did they not know the horrors of a prisoner's life? It was so difficult forcing them out. They thought while we were there they were safe, and so——

Sunday night—the evening round—a hospital full of the heaviest cases. Sister and I are standing beside a bed. "I am so glad he is sleeping to-night, Sister." Slowly a smile broke over the man's face. Well, to-night let him have his little joke, for he knew not of the morrow. "And that boy; I am glad he is gone," said Sister. The reason we did not know, his wound was so slight. He had talked so brightly, but death was written all over him, and then he asked to write home to his mother. Fresh from the fight, and yet he did not seem to realize that his home in the North must be gone. But we got an orderly to sit and write for him, assisted by every man in the ward who could raise his head, and I got the letter, but there was no post office. The boy thanked me for letting him write, turned over, went to sleep and never woke. I was not even called.

Poor old "Tehitchi," whose arm had been amputated, was awake, apprehensive. He had been in too many wars. And so on—a night round, the saddest I ever paid. To-morrow a Greek doctor would be in charge. The next morning—Monday and pandemonium. The Hospital knew we were going. Every man who could force himself out of bed was astir—some resting between the acts of dressing, others undoing splints to get refractory limbs into garments. Never could I have imagined such a scene. Here is a man with a broken leg. Will I rescue a crutch for him from a man with a flesh wound and two crutches? The man with the two crutches disappears so quickly that it is evident he really doesn't need them. Finally a compromise of a crutch and a stick apiece is arrived at. Broken limbs seem more plentiful than crutches to-day. The man with double septic pneumonia—a great, huge young fellow—shell in either lung, is up and away with the first. He had only gone once the length of the dressing-room, and was quite proud of the feat. Yet, when we entered Krushevats three days later, his is the first figure to greet me, looking none the worse for the forty-mile tramp. Now the first lot have gone to the station, and we are left—two doctors and two nurses—waiting for the Greek doctor; but, sad to relate, he had decamped, and we waited in vain. Finally we set to and did the dress-

ings. The Military came in and took over the Hospital, and in the evening we set out for the station. The train waiting for us was very impatient. In those days a train went when all the promised passengers were aboard. Sitting bolt upright in a dirty compartment, thronged with refugees who insisted on having all windows closed, and so made the atmosphere simply unspeakable, we passed Northwards through the night. At Laporo there was no sign of life. Dressing station, everything, was gone, and so we turned South to flee before the enemy—the last Serbian train that passed through Lapovo.

In the morning we got sight of the rest of our party (who had left twelve hours before us), and so we joined them in very much more comfortable quarters. The railway was a perfect scene—refugees in many varied garbs, and with many varied packages, getting in and out of trucks as it pleased them—being pulled along for a bit, then stopping for a few hours. Matron came to tell me she had found such a lovely wagon (open) with "nice square boxes," where we might take our blankets and have a rest. It was a perfect aeroplane day—nice and sunny—so in a short time along the aeroplanes came. There was great excitement. The refugees crept under wagons, and we smiled, as it never seemed to occur to them that it was the railway the enemy wanted. It never occurred to us that the "nice square boxes" were full of ammunition! Nothing happened, and the evening wore into the night—a lovely, still night, with the faintest light. The train went on a bit and halted. Flying figures appeared coming from over the fields and climbed into the trucks. Some left—more came. Some of the retreating army joined us, a row a little way along the train, a soldier running, the report of a gun, he falls and it is all over. Then, out of the nowhere there appeared huge, dark figures climbing over the edge of our truck with the "nice square boxes."

"Parlez-vous?" No answer. "Sprechen-sie Deutch?" No answer. "Goverite-le Serbski?" They were Russians. We got down and joined our own company, and saw no more of the excitements of the night.

One o'clock a. m., and a cry that we were on the wrong line! Shunting and joining up of carriages, and off we are, only to find that those in charge of the bedding wagon have been taken away, dear only knows where. Travelling isn't exactly pleasure in time of war!

Krushevatz on Wednesday amid pouring rain. We had done forty miles in three days. The first two nights two of us slept with the Lazarovatz unit. We were 24 in a small room on very dirty straw. We washed, ate, drank, cooked and slept in the one place. It was delightful! At night we were so closely packed that it was impossible to move without disturbing the person next, and under these circumstances one gets an almost uncontrollable desire to wriggle. To add to our comfort we had a huge dog belonging to one of the party, the cook and her husband. How thankful I was to rejoin our own party, where we had a trifle more comfort. The booming of the guns came nearer every day. We got charge of a small hospital in town, where we found a lot of our old patients, and

some fresh ones. We had such a time cleaning it till, with our bright red blankets, everything looked much like home. Daily, men on their way South poured in to be dressed. One elderly officer, in telling us that Serbia was done for, completely broke down. Krushevatz was the last stronghold.

At this time the Chief called a meeting of all the "Scottish women" in town. Would we stay with her, or would we retreat over the mountains of Montenegro? It was a difficult question. Already some of us were of opinion that no stand was to be made by the Serbs outside Krushevatz, as day and night the army and its transport had been pouring Southward through the town, almost like a rabble mob let loose. However, if there was to be work, there was little option for the doctors; and the Sisters who had been longest in the country also decided to stay. The "trekking party" had very great difficulty in getting oxen-wagons, and it was only on Saturday, the 6th November, that the last of them went, taking in their charge Daniels, a wounded Englishman, whom we had taken from Kragujevatz. In the early afternoon, Gordon Smith, correspondent for the *Daily Mail,* stepped in to say good-bye, bringing with him ten little pots of jam and the good assurance that the German Commander was an absolutely good fellow, quite humane in fact, and we would be all right.

The house in which we stayed at this time was quite outside the town, close to the railway and beyond the large military hospital. On the sixth we had a very busy day, and we all had tea in the Hospital. In the afternoon a rattling, just like machine guns, began, and was interspersed by loud reports. On, on, on it went, and we became aware the town was being shelled. Quite early in the afternoon the railway bridge had been blown up. As the noise became louder and louder, orders were given to have the patients removed down-stairs from the upper flat, and when we had just about half of them down there was a terrific explosion. The huge front double door of the Hospital fell in, all the windows came in, and all the lights went out. Immediately we got light and some sense on the subject, there was the question of the night nurses—they were over in the house. An officer stepped in to tell us it was simply the Serbs blowing up all the ammunition trucks on the railway. However, the Chief would allow no one to go out of the Hospital, which was by this time full of men taking refuge. In about half an hour the night nurses appeared, together with another Sister who had happened to be with them. Their faces were badly cut, and they were a bit shaken, but that was all. Their own story was that when the row began they didn't know whether to come to the Hospital or not. Sister W—— went to the door to see what she could, and called to the others to come as there was a red glow in the sky—and with that came the explosion. The movement to the outer door saved their lives. The whole building seemed to crash in. Huge double doors twelve feet high were thrown down; windows came in, frame-work and all. All three were thrown to the ground,

and when Sister W—— came to, it was pitch-dark and silent. She thought the other two were dead, but on calling to them they answered, and, not knowing or seeing exactly what had happened, they hurried from the house, through the town to the Hospital, passing several dead bodies on the way. When things quieted down a little, there came the question of food. For two days we had been very badly off for food. We had no bread, and the few stores we had were in the house. Of course, we knew looting would begin at once, and what was to be saved must be saved. Accordingly, three of us set out. Where the shells had killed people they still lay on the road. Crossing the fields towards the house, the Apotek from the Serbian Hospital made up on us and told us to bend as low as we could and run, as the wagons were still on fire. We found the house a wreck, and climbed in over fallen beams and doors, etc. We rescued what we could of food and returned to the Hospital. As things were still quiet, the whole party set out and not too soon, as when we arrived this time the looters had already been there, and many of our goods were gone. That night most of the party slept down-stairs in a small room, but, space being rather an asset, three of us went up and slept on the dressing-room table. Next morning, when we went out, the Prussian Guards were surrounding the monument in the centre of the town. White flags were flying from nearly every door—the civilians were going about with white bands on their arms. That morning we went on with our work as usual. Numbers of civilians, wounded the night before, came in to be dressed, and have bits of shell extracted. Some, too badly wounded, had to be attended in their own homes. A severe secondary hæmorrhage caused a little excitement, but most of the party were helping to remove bedding, etc., from the house to the Hospital, and the Chief was away trying to get a house in town for us to live in, as room in the Hospital was scarce. The Germans poured, and poured, and poured into town. Within two days the streets had German names. A German plan of the town was in circulation. The regiments passed through unendingly. Sometimes crack regiments, now regiments of tired and weary boys, heavily laden. Now a battalion passed through, singing all the way, and so on through the two long months we were there. Transport by motor, great, heavy motors, till the roads, which, on the sixth November had been smooth and beautiful, were broken up, rutted and had to be constantly repaired by prisoners; transport by horse-wagons, but never transport by oxen-wagons—that was now a thing of the past. One day I remarked: "Those Germans are *very* efficient." "Beastly efficient," was all the answer I got.

But to return to my tale. On Sunday the 7th, we went over in the evening to the magazine where the most of our personal belongings were, toegther with some Red Cross Stores, for Krushevatz was all the length our boxes had gotten on their homeward way. Here we found just "an awful mess." Everything was looted, and the chloroform, formalin, etc., bottles, broken. It was impossible to stand inside more than

a minute. We had nothing left now but our hand-luggage, which in the days to come we found heavy enough. Dr. Inglis managed to secure a house in a very filthy condition, so on Monday two of the Sisters went down to clean it. They said that before or after they never were in such a place. All day spent in cleaning. In the evening, six Sisters, two chauffeurs and Doctor I. went down, taking their bedding, etc., with them, to spend the night. After several journeys, and when they had got themselves nicely settled down, in came some Germans, took possession, and ordered them out. In the Hospital we were just dozing over when they all came stumbling along, under all their possessions—a breathless, sorry lot. They had been put out and allowed to leave nothing behind them. And so ended our first eviction.

Tuesday morning we got notice to clear all the upper floor of our Hospital, as we were having German wounded that evening. Some German officers and doctors came round. They said the wards were beautiful, the "Pruvialisti"—half of which we used as a theatre—very well arranged. Every compliment fell with an ominous thud. That evening our Serbs were crowded down-stairs and the Germans arrived. Most of the men were nice enough, but some of them could scarcely conceal their sneers at the "Englanders." Next morning we did our outpatients, then our Serbs, then our Germans. At noon the order came to clear out. Where to? There was a room in the top of the Municipal Buildings, but this Dr. Inglis pronounced uninhabitable—the smell and dirt being simply dreadful—besides which, it would not hold us. And I may here say that the place which we would regard as being *unlivable* in was really past speaking about. Dr. Inglis went out to see if she could not get somewhere, and told us not to move till she returned. We all packed, ready to go. As by this time we had been days without bread, and we seemed to have forgotten the taste of meat, one of the Sisters, while we were standing about, hit on the idea of scones. She procured flour, etc. Those were the days that when anyone procured anything, all the rest had the sense never to ask "How?" There was a fire in the back yard where the Germans were slaughtering an ox for their own consumption. As we were ready to go, while the scones were in operation, some of the Sisters went to the Municipal Buildings to try and get the room in some sort cleaned out. Suddenly in burst a German officer on us and told us time was up—out we must go. We told him that the minute we received notice Dr. Inglis had gone to get us quarters, while we packed (although we had no personal belongings we still had equipment). His temper rose. What about the Municipal Buildings? We told him the place was filthy. He simply blazed. One girl was so frightened that three packs which before or after she never shifted at one time, she immediately lifted and did not stop till she was inside the buildings. The rest of us found ourselves, bedding and all, within five minutes on the street. This was about 3 p. m. All the equipment possible we got out, but the Hospital beds remained, and I guess there are Germans in them

till this day. The German orderlies were very sorry for us, and voluntarily carried a lot of our stuff over to the buildings. A drizzly rain began and the Sister and I who sat guard over these goods only saw the last of them off on our single ox-wagon after ten that night. Even if we had to climb over each other to get in, we were glad to lie down. So ended eviction the second. It was really like old times in Ireland, when a peasant found himself outside on his goods.

Next morning (the other junior doctor, I may mention, had developed jaundice, and was off duty), Sister and I went to dress our patients who had come with us. Hot water was a great difficulty, and while some German Tommies were heating some for us at their own fire, we saw a loaf—a real loaf—going round a corner. Quick as thought we gave chase and, catching up on the owner, demanded to know where we could get bread. What a hunt! We left two other Sisters still pursuing the bread as we returned and did our dressings. The buildings were full of refugees, but our men were in a room by themselves. Dressings were just finished when the order came: "Be out of here within two hours," and not the slightest indication of where to go. Again Dr. Inglis went to get quarters, and we, having learned our lesson, had equipment and everything down and out within the specified time. It was now about 10 a. m. After what seemed an interminable time, Dr. Inglis came back with word that we had a room in the Serbian Military Hospital, over a mile away. (Some of our Sisters had been working there). There were no wagons to be had, and there was nothing for it but to carry, and carry we did. Our equipment was to be handed over to the Serbian Hospital, and so we had no small task before us. Just as night fell, Dr. Inglis managed to procure some ox-wagons from the German Commander—our own and only one having been taken away the night before—and again Sister and I found ourselves sitting outside on our goods and chattels, waiting the slow and laborious return of the wagons; but to-night we had each a huge chunk of black, sour bread, the result of the morning chase. That night also we had meat to supper. When we did get over to the Hospital we found our beds up, a fire burning, and, in spite of twenty-five in a room, equipment and all, felt like a real haven of rest. We were now put on diet—officers' diet! But there wasn't much of the officer about that diet! Black, sour bread!—we might have sugar in coffee if we liked, but no sugar elseway—thin soup and a bean mess with limited rough meat at lunch, and as often as not the bean mess again at night. Sometimes we had potatoes, and sometimes rice. There was no milk, no eggs, nothing at all of a lighter sort. It may sound all right to those who have never tried it, but for myself the black bread was sometimes scarcely eatable, yet from experience I knew it was better than none. And then no one grumbled. What that meant is difficult to realize. We certainly felt we wanted—oh, so badly!—to get home, but though there was generally some one or another seedy in bed, everyone seemed to enjoy life on the whole. When Susannah made scones

for tea, we all asked how many there were for each, and ate accordingly. When soda was unprocurable, she got me to prescribe soda for all my patients, which we cheerfully annexed. When "Chatty," by devious ways and much cajolery, managed at, no doubt, an enormous price—but still she managed—to procure fat and sugar, fat which we rubbed on and off our bread, and sugar which was sparingly meted out, we hailed her as a hero. When Matron complained that it was hard to go without salt, and it so cheap at home, she was only laughed at. A little syrup was a treasure trove. A stolen tin of sardines meant one each. And so the days—those days of indigestion—passed on.

The Sisters were all employed in the Hospital, but the doctors were at a loose end, and so some sanitation business devolved on us. Drains had to be cleaned, incinerators built, patients who never in all their existence had been bathed were tubbed weekly, and their clothes disinfected. The whole plateau surrounding the Hospital was occupied by thousands of Serb prisoners, without cover or shelter of any kind. The existence of misery they led was indescribable, as was also the filth amongst which they lived, and to put it mildly, the whole place stank. The Hospital itself possessed the most villainous sanitary appointments it has ever been my lot to behold.

The glorious sunsets, the hills all around the town standing out picturesquely against the soft colouring of the sky—the purple, the blue, the pearly greenish-yellow—then the night, glorious in moonlight, or the deepest of deep blue vaults strewn with stars—how incongruous it all was. Even the Germans remarked on the strange beauty of the place. And now there was an outbreak of diphtheria in the town, and I found myself in charge of an isolation block, a small cottage quite a quarter of a mile from anywhere else, close to our old house, now deserted. This was the only corner by which Serb prisoners could hope to escape, and night after night we could hear the reports of guns as the sentries fired after some escaping prisoner. The mortuary for the Military Hospital was the end room of the cottage, and often in the morning a body lay where there had been none the night before. We asked no questions; we dare not, and on the night of heavy frost, when from exhaustion and exposure five bodies lay there, we felt rather badly. About this time we were asked those who wished to go home, and those of us who did signed a paper. We were informed we were prisoners. We realized we were only doing work which relieved the Germans, and the work we did do was not on scientific lines, so there was no sense in staying. At this time also our old house was cleared out and made the quarters for German troops passing through. Nightly one or two German petty officers used to call in and ask quarters in our cottage. I had great difficulty in putting them off even after explaining that we had only infectious diseases, and so could take none in. The Germans also, especially their bigger officers, seemed to have an infinite faculty for taunting. I remember one who, during a conversation, pointed to a lot of the

wretched prisoners who were sitting about, and said: "What a nice time we could have, now, with these gentlemen, our friends the Serbs!" of whom we must be very fond. Also another brutally taunted one of the Sisters about the fine time they would have when they came over to England; how they would enjoy themselves. Then we were told by good authority that we were to be kept in Serbia till we had prepared all the Serbs for transport, when we would be sent on to work in Germany. About this time the head of the German Red Cross called us together in the yard, addressed us, told us we were prisoners, but said he would do his best to get us home. We signed a paper, but nothing came of it. About this time also, I had great trouble with a Serbian priest who stayed over at the cottage. He was in reality in German pay, and used to ferret out men (Serbs) who stayed in Hospital after they were well. He also suspected those of us at the cottage for helping prisoners to escape, as I have before said it was the only point where an escape could be made. We also found out that through this man our isolation block was to be transformed into a place for the treatment of prostitutes. Tall and handsome, with little crooked Stoian—his tool—following him about like a double, burying the dead only for the money he could realize from it, this man was the very incarnation of evil. It did become a little bit of a strain on one's nerves having to live in the same building as this man, with at first, no door to our room, and later a door that didn't fasten properly. However, at this time typhus broke out and we got two cases in. The German Tommies were removed from the building opposite, and we missed them, though we had never spoken to any of them, for a Tommy of any army whatever is generally a decent, good sort of fellow. Poppa, in his fear of typhus, cleared out into the opposite building—a great relief—and all our other patients went.

The Austrians now came into command and we again petitioned to be allowed to travel home. Personally, we found the Austrians nicer to deal with, but it was a wearisome time. Everyone seemed to have dysentery or indigestion from the feeding. When our typhus cases were over we got typhoid in. Most of the cases sent in as typhoid were, however, pneumonia, coupled with a form of dysentery due to exposure and bad feeding. One evening our English-speaking *bolnichar* rushed in to tell us that Aristo (our favorite *bolnichar*) had had a tussel with Poppa, and that the Austrian guard were after him. Radovitch stoutly averred that Aristo had escaped to town. Were he caught running he would be shot. To have an "unknown" shot was one thing, but the portly, merry Aristo, in his blue and white butcher's coat—it was quite different. Then the guard were in on us—the Hospital was searched. I can still see them rushing round all the possible hiding places, now over to the building opposite, followed closely by Sister J——, determined to defend Aristo at any cost, and Poppa as determined to have him shot. The search ended—no Aristo. About an hour later Radovitch slipped in with the news—Aristo is back. "Oh, bring him in!" was the

general cry. Aristo came in pale as a ghost. He told us the tale. As usual, Poppa wished to take away some of the Hospital wood—wood was very scarce. Aristo resisted. A fight ensued; Aristo knocked Poppa down and jumped on him. "Sue blatta" (all mud). How we laughed. Aristo was simply unequalled in his powers of description. "But," said I, "surely Poppa can't have you up for himself stealing the wood?" "No, but for helping the prisoners to escape." This was really serious. We had diligently shut our eyes to the fact that prisoners were always willing to come and chop our wood. Aristo always had men carrying wood for him. We gave them bread—of course it was all a cover. But better far they should be shot escaping than that other life, coming in from road-mending at night with their little bundles of wood. The camp fires all over the plateau looked very picturesque on a dark night, but they were, oh, how deadly! Well do I remember the frosty night that five men were carried in to the mortuary, dead from exposure. Aristo had already seen the Commander. Although we absolutely knew nothing, we felt we could not easily get him off, so we petitioned Mrs. Haverfield, who knew less than nothing, to speak for him, and she spoke so well that next morning Poppa and Stoian were removed to commando, and we saw them no more. This is only one incident out of many.

Christmas day and we were still at Krushevatz. The Serbs had already had their great Slav day, but that we should have the same Slav day as the "Nemanshkis" was to them unthinkable. We had a great dinner. The Austrian band asked leave, which was granted, to come in and play to us Christmas night, and all the English in Krushevatz met in the Coba, where our people lived, and here we were joined by a few of the chief Serbs. The centre of the floor had been cleared and a Christmas tree improvised. It was gaily decorated—night lights and candles. We had white bread sent in by the Austrian Guard. After tea we sang, then danced the Kola. Led by a Serbian lady to the music of combs, we hopped around at a great rate. Then we had our National Anthems—rather hard work, as Serbia was no more. Well may England vow to restore Serbia to the Serbians, could they but for a moment see a nation broken at heart—a nation without a home. Just before leaving I went down to get some rings I had ordered from the Russian prisoners. While waiting, I visited some English friends who lived in the loft above the Russian quarters. (The Russians were under cover). The sound of their evening hymn arose, now swelling, now falling gently, from 500 voices. Evening after evening went up this hymn of praise. It was strangely pathetic. Here I learned that those men were employed night after night by the Germans, digging trenches outside the town. When we had almost given up hope, on Sunday, the 26th, we got leave to go home, and on Tuesday, the 28th, at 7.00 a. m., a big motor lorry drove up. We got our goods, then ourselves aboard and off, saying farewell to Krushevatz as the morning sun burst in its glory from amongst the

clouds and lit up the snow-capped hills and the quaint buildings of the little town, with the river flowing round its outskirts—a perfect scene. Getting the train at Stallatz, we travelled with our guard comfortably to Belgrad. Arriving here about 11.00 p. m., weary and hungry, we walked the streets of this fair city, flooded with moonlight, seeking rest and finding none. We returned to the station, set our spirit lamps a-going, and having had tea, black bread and a sardine apiece, we lay down amongst Austrian Tommies, refugees, and all sorts, and so we all slept.

Next morning we went to the boat and crossed to Zemlin, but, missing the train, we spent a lovely day here, beginning it with a most gorgeous breakfast of bread and butter and tea and eggs. In the evening we were again on board, and suddenly found ourselves steaming back into Belgrad, where a girl of 19, travelling with us, was arrested as a spy. It was so quickly done, and as she did not belong to our unit, we found we could do nothing, though enquiry was made everywhere we went. We were that night taken to Sememdria. Officers came aboard and, owing to the alleged spy, began to search our goods. We were given tea and bread and sausage, and left on the boat that night. Early next morning we and all our goods were taken to the police station, where a thorough search was made, and all our written material and many other little sundries taken from us. Here we had coffee and wine and ham sandwiches given us—and such sandwiches—why, we talked of nothing else for two days. I may here state we were travelling at our own expense on a very limited sum of money. The long trek to KeveVarr cannot easily be forgotten. We again crossed the Danube on a lugger, and, taking what we could easily carry, we set off for KeveVarr, marching in file two and two, with a soldier with fixed bayonet in front and another with fixed bayonet behind, together with our own guard and a Tyrolese policeman with his cock-tail feathers. We mustn't go out of line; when one stopped, all had to stop. "March!" and on we went again. It was quite the funniest procession I have ever heard of, and after going for over three kilometers we reached KeveVarr, where we were kept for six days under close supervision at the police station. We slept nineteen in a room on straw. The atmosphere in the morning used to be glorious—it could almost be seen—and the straw had bits of very hard floor coming up through it. The remaining two of our party slept in the cell and were more comfortable. The food, which was all we could afford, was of the lightest. Here we met the thirty-five who had gone on a month before, and we passed on to Vienna, leaving them behind. As we were only allowed to travel by night, we took two days on the way. At Vienna we were met by the police, taken to the police station, greeted as "twenty-one distinguished foreigners." We were sent to two hotels and allowed the freedom of the city.

I may say the "distinguished foreigners" were a sorry lot, with body belts as caps, packages tied up with mackintosh and rope, etc. The American Consul did his best to get us a pass to Switzerland, but as the

Consuls at Salonika were taken at this time, we were sent North to a place on the borders of Germany, called Waidhofen. We were very much afraid of being sent into Germany and interned—of course we were German prisoners. The journey to Waidhofen was very cold and slow, (seven hours), the snow was falling, and our spirits were at zero. Shall we ever forget tumbling out of that train, and, as had always happened, starting to hand out the packages. Two soldiers were on us in an instant, shouting to lay those down and stand to attention. We lined up two and two and were duly counted. Then, "Quick march!" and off up through the town. The whole town seemed to have come down to meet us, and how they laughed! Oh, it was horrid! We dare not step one inch out of line. Arrived in the lobby of the police station, we were again counted, "Ein und Zwanzig" why none of us had escaped! The old soldier simply chuckled over his own cleverness. Now we were interviewed by the Captain. Room, fire and light were provided, and we would call each day for five Korona for our food. Those of us who were in the Gast house had a huge meal that night—the biggest for months. Now we lived very well indeed. At first we were allowed all freedom, but, finding we considered a five-mile walk quite moderate, we were restricted to one kilometer beyond the town. We had classes in languages and sanitation, poetry competitions, competitions in fancy dress, tea parties. We got into debt having the rest to tea, and out of debt by going out to tea for a week. We just kept as busy as we could for five weeks, and then got orders to go. Madame was so sorry, and invited us all to coffee. An elderly couple with whom two of the girls stayed, wept copiously and provided cognac and all sorts for the way. We simply loved those Austrians. And so back to Vienna. Here we met all sorts of English people on their way home—our returned spy, the thirty-five from KeveVarr, and heaps of others. After much searching, we arrived at Switzerland. At Zurich we were treated magnificently, but Berne gave us a perfect ovation. They met us at the train with bouquets of flowers, conducted us all over town, to the bears, to the places where the bread for the English prisoners is made, entertained us to tea, and after dinner to wine; in the evening finished up by giving a grand set-off. And so we realized we were once more free!

On Oleomargarine

Powerful dairying interests have had sufficient influence with their Governments to prevent the manufacture and use of oleomargarine, not only in this Dominion but in many of the States of the Union. And as long as good butter could be supplied to the public at a moderate price within the reach of all, no emphatic demand was made for any cheaper substitute. At the present time, however, with the greatly increased prices asked for all kinds of food material, and with the urgent necessity

imposed by the war for economy in every household, the question is asked by many: Why should not use be made of oleomargarine, which is cheap and wholesome and has a high food value?

It is a question in which physicians are much interested, and they should be acquainted with the more important facts concerning its proper manufacture and composition.

Oleomargarine had its origin in response to a desire on the part of the late Emperor Napoleon III to furnish the working classes with a substitute for butter, which would be cheaper and more stable. The prize which he offered for the discovery of such a substance was obtained by a chemist working on the Imperial Farm at Vincennes, who endeavored by chemical and mechanical means to imitate the physiological process which he supposed to take place when underfed cows supply cream of which the fat is derived in great part from the stores in their own body. By treating beef fat first by comminution and pressure and then by the application of heat of a low temperature, and finally by the separation of the stearin and palmatin from the olein by crystallization, he obtained a fat which was free from taste and odour and melted readily in the mouth. It was found to be equally nutritious as butter and had the advantage of having much less tendency to become rancid by keeping.

Large quantities of this new article of food were used in Paris during the siege of 1870 to 1871, and it then gained such a strong hold on the public as an article of food that Paris now consumes it in very large quantities. It is manufactured from many forms of animal fat, and from several vegetable oils, of which the most important are the cotton seed, sesame and soya bean oils. After its preparation it is washed with milk to give it the flavour of butter; in some grades of it a small percentage of butter is added.

Much has been said by those opposing its introduction regarding the poor grade of fats from which it is stated that this oleomargarine may be made. Such assertions are quite erroneous. When a fat becomes in any degree tainted, it is almost impossible to remove the odour of the taint, and it can no longer be used without greatly impairing the quality of the resulting oleomargarine. Oleomargarine is now regarded by all physiologists and chemists as a wholesome article of food. France, Great Britain, Germany, Austro-Hungary, Belgium, Sweden, Denmark and Italy authorize its manufacture and sale under Government inspection and control. It is especially a food product which commends itself to those who are under the necessity of practising strict economy in their family expenditure. The principal, and in fact the only objection to its use, is the possibility of fraud by the substitution of it for true butter. Legislation to provide for the official supervision of all oleomargarine made, and to ensure that it shall be sold for what it is and not for what it is not, is therefore very necessary.

Heat as Opposed to Cold in Treatment of Inflammation

In inflammatory conditions one important factor for the success of the leucocytes is active circulation of blood to the part affected. Heat, particularly moist heat, is an important aid. The application of moist heat dilates and increases the lumen of the capillaries, and causes an active and rapid circulation.

Cold applications act contrarily, the blood vessels are constricted, their lumen lessened and the circulation inhibited. Heat is constructive; cold is destructive. Cold relieves pain temporarily by divesting the part of blood, producing temporary analgesia. Heat relieves pain by diffusing the elements of congestion and by building up impoverished parts to normal.

Heat inaugurates resolution and promotes absorption. Cold inhibits resolution and retards absorption. Heat lessens tension of the inflamed part and tends to abort the congestion. Cold increases tension and prolongs resolution. Prolonged cold lowers the general vitality and weakens the natural resistance of the part, just when it is most needed, whereby hot applications maintain nature's own defense, stimulate the rapid flow of blood through the part, and help to counteract any tendency to stasis.

Cold retards circulation. Retardation of circulation, always present in inflammatory processes, tends toward stasis, cell death and suppuration. Heat increases leucocytosis; particularly is this true in pneumonia.

Osler says: "Of 64 cases of pneumonia in my wards, all the low leucocyte counts were in fatal cases." (Page 132 Osler Practice).

Cold applications in pneumonia throw back the blood from the surface to an already engorged lung.

Moist heat in the form of Antiphlogistine, on the other hand, relieves the congested area by increasing the capacity of the external blood vessels, inducing a hyperemia by flushing the superficial capillaries. It stimulates the cutaneous reflexes, causing a contraction of the deep-seated and co-incidentally a dilation of the superficial blood vessels, relieving the pain and congestion, lowering the temperature, reducing the pressure on the over-worked heart, and relaxing the muscular and nervous system. Acting reflexly, it greatly stimulates the normal action of the vessels in the inflamed part itself, and enables them to more readily rid themselves of the debris and establish a normal condition.

Cold increases dyspœnæ because of the contraction of the external blood vessels and a corresponding throwing back of the blood.

Heat lessens dyspœnæ by relieving the engorged lung and the over-worked heart from an excessive blood pressure.

The initial shock from the application of cold is unpleasant, while heat is highly acceptable. Irritability and discomfort are the usual effects of the application of cold. Comfort and a feeling of well-being usually follows the application of heat.—*Buffalo Medical Journal.*

Editorial

The nursing conventions of 1917 have come and gone, and all that now remains is to see the results. These meetings were the largest ever held in Canada, every Province being well represented, and a keener interest being shown by all affiliated societies in instructing delegates. Almost every affiliated society was represented, and that, in these days when graduate nurses are few, and those in executive positions overworked, means much. Important questions were taken up, and much real help given to the problems of the day, chiefly that pressing one of nursing aid to the scattered people of the prairie Provinces, whose need is so great. A full account of discussions and papers will be found in the *Canadian Nurse*.

* * * *

The Canadian Society of Superintendents of Training Schools during this Convention changed the Constitution and By-laws, and the name of the Society as well. It is now the "Canadian Association of Nursing Education," and has a much broader field. It is now open to all nurses engaged in education of nurses. Formerly only superintendents of training schools could be full members, with assistants as associate members having no vote. Now all assistants, head nurses, heads of school nursing departments, and all engaged in nurse education, are eligible, and it is hoped that a much larger membership will be the result of the change.

* * * *

A most interesting discussion took place after the reading of *The Canadian Nurse* report; and it was most gratifying to the Editor to hear the satisfaction expressed over the improvement since the nurses owned the magazine. The financial situation was felt to be very grave, and several suggestions were made. It was appreciated by everybody that some definite steps must be taken or the Canadian nurse would be without a journal. More efficient campaigns for subscribers will have to be undertaken, and every small place canvassed. The most important decision was the practically unanimous one of increasing the price of the magazine to two dollars a year, beginning with the September issue. It was felt that "our own" journal meant enough to the nurses of Canada to warrant the change. An assessment of twenty-five cents per member of all affiliated societies towards the expenses of *The Canadian Nurse* for this one year was also voted for by the nurses at the Convention. It is hoped that at the end of the year the financial situation will be on a better footing, and the assessment discontinued.

* * * *

It is with great pleasure and appreciation that the Editor announces that Miss Elizabeth Robinson Scovil, of Gagetown, N. B., has under-

taken a department in *The Canadian Nurse*. She is well known to all Canadian nurses as an Associate Editor of *The American Journal of Nursing*, and will be a tremendous help in the work of improving our journal. She will give us the latest news from the medical world, and will begin her department with the September issue.

Letters to The Editor

Dear Editor:

May I tell you how very eagerly I look forward to reading each number of the official organ of the Nursing Profession in Canada, my native land? The papers show so much thought and preparation, the suggestions along many lines are so practical and the general tone of the magazine so high, that it compares not unfavourably with the *British Journal of Nursing* and other similar publications in the United Kingdom. Reading *The Canadian Nurse* side by side with graduates of the training school founded by Florence Nightingale, one is proud that our young country can produce women who show by their writings that they are potent factors in the development and progress of this noblest of all callings for women. One realizes more and more as the war continues what an immense advantage it is to the Canadian Nursing Sisters to be associated with members of the profession who have been born and bred in the Mother Country and trained in one of the many excellent hospitals to which our Canadian doctors come for observation and instruction.

Like the New Zealanders, Australians and South Africans, although we may each prefer the distinguishing marks of hospital training in our own special part of the Empire, we in common with them are conscious of the fact that we are immensely benefited by the example of discipline, endurance and reserve power so abundantly displayed by the Imperial Army Sisters whether Q. A. I. M. N. S., Q. A. I. M. N. S. R., or Territorial.

A couple of years ago the C. A. M. C. Sister, with her faculty for initiative, was sometimes a little restive under the heavy hand of military discipline and literal obedience to regulations, but time has proved to her how absolutely necessary rigid rules are in handling the wounded on such a tremendous scale. Canadian women are above all things *adaptable*, and they have learned to re-adjust their view-point when it is to the advantage of the work in hand to do so.

Let us whisper it—who knows but the British Sister is a little bolder in asserting herself, since the advent of so many irrepressible "Colonials!" With due respect to her careful training, one rather hopes that she is—it was just the little "touch divine" needed to grace her perfection.

How many of our dear, brave Canadian soldiers will look back with gratitude, in the years to come, to their sojourn in British hospitals! And we feel sure that the family of "Atkins"—bless their hearts—will have no less kindly recollections of the "Canadians!"

The "gathering of the clans" of trained nurses from different parts of the Empire is playing an important rôle in this European cataclysm—it is an element far from insignificant, in the unification of ideals, so necessary to future Imperial solidity. Many realize this responsibility and privilege. Let us hope that all nurses may try to do so.

We of the Canadian Army Medical Corps stretch "hands across the sea" to you at home, feeling sure of the understanding, sympathy and support of *The Canadian Nurse*.

"NORTHWOOD."

Buxton, Derbyshire, England.

MICHIGAN STATE NURSES' ASSOCIATION

At the annual meeting of the Michigan State Nurses' Association, held in Grand Rapids May 22nd, 23rd and 24th, the following officers were elected: President, Miss Elizabeth Parker, R. N., 623 Ottawa Street, Lansing; First Vice-President, Miss Fantine Pemberton, R. N., U. of M. Hospital, Ann Arbor; Second Vice-President, Miss Rebecca Douglas, R. N., Calumet; Recording Secretary, Miss Christine Hendrie, R. N., Grand Rapids, (Blodgett Memorial Hospital); Corresponding Secretary, Miss Anna M. Schill, R. N., Hurley Hospital, Flint; Treasurer, Miss Katherine Hart, R. N., Lockwood Hospital, Petosky; Councillors: Mrs. L. E. Gretter, R. N., 924 Brush Street, Detroit; Miss Ida M. Barrett, R. N., (Blodgett Memorial Hospital), Grand Rapids; Chairman of Committees: Ways and Means, Miss Agnes G. Deans, R. N., 111 Hendrie Avenue, Detroit; Credentials, Mrs. Effie Tyrel, R. N., 111 Oaklawn Avenue, Battle Creek; Nominating, Miss Beatrice Graham, R. N., 121 Earldon Avenue, Grand Rapids; Arrangements, Mrs. H. B. Morse, R. N., 1608 Ninth Street, Bay City; Printing, Miss Harriet Leck, R. N., Grace Hospital, Detroit; Red Cross, Mrs. L. E. Gretter, R. N., 924 Brush Street, Detroit; Public Health, Miss Mary Marshall, R. N., Battle Creek Sanitarium, Battle Creek. The Association also elected to become affiliated with the Woman's Committee (Michigan division) Council of National Defence. Bay City was selected for the place of the next meeting.

Miss Jean Matheson, formerly Superintendent of the Revelstoke Queen Victoria Hospital, is one of two nurses to receive the Royal Red Cross of the first class in the list of fifty Canadians decorated for gallantry last week.

Chief Superintendent's Annual Report, 1916

(Continued from last month)

The Montreal branch has had a busy year, notwithstanding the great shortage of nurses. Efforts have been made to carry out the programme for the training of the nurses and an advance has been made. The need for extra home accommodation was felt and has been met temporarily by the renting of part of a house near the Central Home on Bishop Street. This is only temporary, however, and in the near future Montreal will most likely see a large Central Home, built specially for a nurses' home and combining all the necessary points in such a home. Montreal has a splendid field for training if it can be utilized and a sufficiently large permanent staff employed to make sure that the systematic training of the students will not be interfered with. Besides the general nursing, child welfare, pre-natal work, school nursing and social service work in connection with the settlements, the milk stations, the Montreal Dispensaries, the Bell Telephone and Northern Electric Companies have been included in the year's activities. Lectures and demonstrations have been given by members of the staff during the year, to mothers and to various societies who requested them. There has been a great advance in the close coöperation and coördination of the work of the various district committees, through the Ladies' General Committee and the Supply Committee with the Local Board of Management. The Relief Committee has been active during the year, but now, by closer coöperation with the Charity Organization Society, all relief is handed over to the Charity Organization Society.

In July Miss Olive De Lany was appointed Montreal District Superintendent. Miss De Lany, who was with the Order some years ago, comes back to us with increased knowledge of social problems and fresh experience, gained in various fields on the American side. Under Miss De Lany's guidance, the educational as well as the practical side of the

work, will undoubtedly receive attention. The Montreal Committee have put in a good reference library for the nurses.

In Ontario the twenty-eight branches all give good accounts of themselves: Cornwall reports a good year; 2,558 visits were made, showing an increase of 609. Brockville, too, had a very satisfactory year. In both of the districts the child welfare work is particularly gratifying. The Ottawa branch had a satisfactory year, notwithstanding the shortage of nurses. The Better Babies contest, held in October, was a great success, and the committee were requested by the Mayor to have it an annual event. The Arnprior district reports this as their most successful year. There was an increase in patients and in visits, and the finances are in good condition. The Almonte branch has just completed what the committee styles their most successful year. The finances are in good shape and there is renewed interest in the Hospital. The President of the Kingston Committee sums up her report of the district as follows: "Kingston district may be reported as being in a very satisfactory condition from every view-point."

The Whitby district is one of our most ambitious ones. They have had a very good year. Early in the year a small nursing home was secured with accommodation for the two nurses and one or two patients. Already the wisdom of this step has been proved. Good community work is being done by this branch, and the committee are setting a splendid example by spreading knowledge of the Order's possibilities. The school nursing is being done very well, and the committee have done good service by interesting the adjoining towns and rural communities in having the school nursing done there.

Toronto has had a year marked by many changes, by a wonderful increase in work accomplished, by marked interest in the educational side of the nurses' training and at the opening of this year we find them with practically a new staff, needing more nurses and obliged to provide much more accommodation for extra nurses, but full of hope and determined to meet every call made on them for service and for really educative training. Early in the year their very able District Superintendent Miss Fitzgerald, resigned to be married. She was succeeded by Miss M. Wallace, who was obliged to leave after a few months on account of ill-health.

(Continued in next month's issue)

* * * *

The Victorian Order of Nurses for Canada offers a post-graduate course in district nursing and social service work. The course takes four months, and may be taken at one of the training homes of the Order: Toronto, Ottawa, Montreal, Vancouver. For full information apply to the Chief Superintendent, 578 Somerset Street, Ottawa, or to one of the District Superintendents, at 281 Sherbourne Street, Toronto, Ont.; 46 Bishop Street, Montreal, Que.; or 1300 Venables Street, Vancouver, British Columbia.

The Canadian Nurses' Association and Register for Graduate Nurses, Montreal

President—Miss Phillips, 750 St. Urbain Street.
First Vice-President—Miss Colley, 261 Melville Avenue, Westmount.
Second Vice-President—Miss Dunlop, 209 Stanley Street.
Secretary-Treasurer—Miss DesBrisay, 638a Dorchester St. West.
Registrar—Mrs. Burch, 175 Mansfield Street.
Reading Room—The Club Room, 638a Dorchester Street West.

Hospitals and Nurses

QUEBEC

The following nurses in training at the Jeffrey Hale Hospital, Quebec, successfully passed their final examinations in June. Due to war conditions, the usual graduating exercises were not held: Miss Sarah M. Jamieson, Inverness, Megantic, P. Q.; Miss Margaret Bain, Bridgewater, Nova Scotia; Miss Stella Craik, Forfar, Scotland; Miss Rhoda Perry, Little River, P. Q.; Miss Gladys Hartley, Quebec, P. Q.; Miss Cecile Garon, Quebec, P. Q.; Miss Gladys M. Humphreys, Liverpool, England; Miss Hazel Dalgleish, Bridgewater, Nova Scotia.

Two more of our graduates sailed last month to join the overseas nurses: Miss Marjorie Woodley, Class '15, and Miss Ida Crampton, Class '14. Miss Purcell and Miss Mullen, Class '16, have taken their places at the Military Hospital here.

Montreal General Hospital Alumnae Association

The monthly meeting of M. G. H. A. A. met May 11th in the drawing room of the Nurses' Home, with a fair attendance, and Miss McNutt, our new President, in the chair. Among the items of business transacted was the appointment of five delegates to the C. N. A. convention held in this city in June, also twenty-five dollars was voted by the Alumnæ toward the paying of the salary of the editor of *The Canadian Nurse*. An hour or so was afterwards spent in Red Cross work, after which the usual refreshments were served. The next meeting will be the second Friday in September, as the usual three months' holiday is observed.

Miss MacArthur, a recent graduate, has lately returned from a visit to her home in Lachute, P. Q.

Miss Hogan is back in the city after spending some weeks in Atlantic City.

Miss K. Livingstone (Class '17) has gone to her home in Winnipeg for an indefinite time.

Miss McLeod, who was head nurse in one of the military wards at M. G. H., has now taken charge of the O. D. department and Miss McGinnis, a recent graduate, has filled the former's position.

Nursing Sister Lillian Dickie, who has been on three months' leave from the front owing to illness of her mother, has now returned to duty.

Misses Bertha MacDonald and Mary Cameron, both of Class '17, have been taken on the A. M. C., but will first spend a few months in a convalescent home at St. Agathe, before going overseas.

* * * *

ONTARIO

The regular meeting of the Kingston Chapter of the G. N. A. O. was held June 5th, 1917, at the Nurses' Residence. Nursing Sister Wright being absent, Mrs. S. Crawford presided. Miss Claudia Boskill, who represented the Chapter at the Ontario Graduate Nurses' Association Convention held in Hamilton recently, gave an interesting report. A vote of thanks was tendered Mrs. Robinson, convener of the rummage sale held in May, for her splendid management. Over one hundred dollars was realized.

It was decided that a sum of money be donated for linen and comforts for the new thousand-bed Military Hospital to be opened in Kingston next month.

Miss C. Milton has been appointed to represent the Kingston Chapter, and Miss Pearl Martin the Alumnæ Association at the Convention of the Canadian National Association of Graduate Nurses to be held in Montreal. Miss Claudia Boskill, Miss Jean McCallum and Miss F. McLeod, members of the Association, will also attend the Convention.

The engagement has been announced of Miss Jennie Allen to G. F. Lucy. Miss Allen is a graduate of the K. G. H.

Nurse Sarah Richards died suddenly at Miss Cooper's private hospital, 82 St. Mary street, Toronto, Saturday. She had retired the previous evening in her usual good health, and shortly after rising Saturday morning was seized with heart failure. Before Dr. Noble, who was hurriedly summoned, could reach her, Miss Richards had expired. She was born in England and graduated from a New Orleans hospital. Some years ago Miss Richards came to Toronto, and was a member of the Toronto Graduate Nurses' Club, 295 Sherbrooke street; of the Toronto Nurses' Central Registry, and of the Florence Nightingale Association of Toronto.

Nursing Sister Gussie Wright is stationed at Grenville, Canadian Special Hospital, Ramsgate, England.

Miss Jean Gunn, Superintendent of Nurses in the Toronto General Hospital, was elected President of the Canadian National Association of Trained Nurses at the business meeting held at the Windsor Hotel in Montreal, in connection with the Nurses' Convention. The other officers are: First Vice-President, Miss Fairley, Montreal; Second Vice-President, Miss Grey, Winnipeg; Secretary, Miss Johns, Winnipeg; Treasurer, Miss Des Brisay, Montreal; Councillors: Miss Randall, Vancouver; Miss Hersey, Montreal; Miss Gilroy, Winnipeg; Miss Dickson, Toronto; Miss Brown, Regina, and Miss Potts, Toronto.

The Lady Stanley Institute Alumnæ Association gave a tea to the Graduating Class of 1917 of the Protestant Hospital on May 23rd, at the residence of the Alumnæ's President, Mrs. H. A. L. Swan. Fifty-four nurses, including twelve of the graduating class, were present. A most enjoyable time was spent.

A meeting of the Graduate Nurses of Essex County was held at the home of Mrs. C. Campeau (former graduate), 55 Hall Avenue, and organized the Essex County Graduate Nurses' Association, Dr. L. G. McCabe as Honorary President, and Miss M. Robinson President. At this meeting it was decided to raise the nurses' fees to the following: General duty, $4.50 per day or $31.50 per week; Obstetrical work, $5.00 per day or $35.00 per week; Contagious work, $6.00 per day or $42.00 per week. For Mental, Drug, Alcoholic and Nervous cases, the nurse is at liberty to fix a price with her patient, and charge as she sees fit.

There was also organized a Central Registry, Mrs. Campeau in charge. Graduates from any training school may register by paying a yearly fee of $10.00, and presenting their diploma.

The annual meeting of the Florence Nightingale Association of Toronto was held at the Nurses' Club House, 295 Sherbrooke street, Tuesday evening, April 3, Miss Didsbury, the president, presiding. The secretary's annual report was read by Miss Nash, in absence of Miss Wardell, who is visiting in Philadelphia. Five regular meetings, one special meeting and three executive meetings have been held during the year. Ten active members have been added to the association. The membership list numbers 86 and five honorary members, making a total of 91 members. The association, during the past year, has become affiliated with the Graduate Nurses' Association of Ontario and the Canadian National Asociation of Trained Nurses, and to the convention held in Winnipeg last June, of the Canadian National Asosciation and Canadian Society of Superintendents, the F.N.A. sent its delegates. A large number of our members are overseas assisting in the great war. The following officers were elected for the year: President, Miss Kinder; vice-president, Miss Didsbury; secretary, Miss Wardell; treasurer, Mrs. Wigham; directors, Misses Edgar, Locke, Nash, Rennie, Millar, Wilson, Lowther and Linicar.

Tuesday, May 9th, St. Michael's Hospital was en feté in honor of the graduation of twenty-nine of its nurses. The hall was decorated with red and white streamers and the flags of the Allies. Dr. Dwyer presided and Archbishop McNeil presented the diplomas and medals. Rev. S. Foley gave an address. Other speakers were: Rev. Father Cline, Father Berch, Dr. Douden, Dr. Wren and Dr. Silverthorne. At the conclusion of the exercises the nurses and their guests were entertained by the Sisters of the Hospital. The following is the list of graduates: Mabel Power, London; Gertrude Smith, Perth; Marie O'Brien, Grafton; Ursula Doe, Toronto; Eva Richardson, Toronto; Mamie Tuffy, Cobden; Anna Bowie, Toronto; Mae O'Donnell, Ayton; Irene Leahey, Coulson; Nora Dunley, Hastings; Anna Anderson, Toronto; Nellie Hartnett, Dunnville; Aroloa Cunningham, Moncton, N. B.; Gladys Gendren, Penetanguishene; Mary McLeer, Chatsworth; Mary Doherty, Wieldfield; Nora O'Neill, Toronto; Grace Hart, Belleville; Catharine Roney, Toronto; Sarah Jones, Colborne; Mary Black, Campbellford; Valeda Decarie, North Bay; R. O'Brien, Douneyville; Eva Latchman, Port Dalhousie; Edith Atmore, Parhill; Ella Cosgrove, Elgin Mills; Helen Richardson, Toronto; Josie Gibson, Campbellford.

Miss Eva Latchman was presented with a prize for general satisfaction by Rev. Dr. Foley.

Miss Grace Morrison (Class 1901), graduate of the G. and M. Hospital, Collingwood, left Montreal on the steamship "Grampian" on June 23rd, for England, with the C. A. M. C.

The graduating exercises of the G. and M. Hospital were held in the Parish House on Thursday, June 28th, when seven nurses received their diplomas. Addresses were delivered by Dr. J. W. McCulloch, Provincial Medical Health Officer; Dr. J. R. Arthur, President of the Medical Board; Rev. Father Egan, and Rev. R. McNamara, after which a most enjoyable time was spent at the Nurses' Residence. This year's graduating class comprises: Misses Mildred Buckingham, Margaret Johnson, and Nina Porter, Stayner; Florence Arthur, and Isobel McCutcheon, Orangeville; Edna Davis, Duntroon; and Stella Heslip, Thornbury.

Miss Katie Spearing (Class 1911), was married at Port Arthur on June 15th last to Mr. Gilbert Munroe. Miss Spearing has been School Nurse for the past three years at Fort William.

The annual graduating exercises of the McKellar General Hospital, Fort William, Ontario, were held in the hospital assembly hall, Tuesday evening, May 17th, 1917. The hall was appropriately decorated for the occasion. A large assembly of relatives and friends witnessed the presentation of medals and diplomas to the six young ladies, namely: May MacDonald, Margaret McLean, Dorothy Dickison, Grace Rogers, Clara Richards, and Edna Mitchell. A short programme of musical numbers and addresses was rendered. C. W. Jarvis, M.P.P., occupied the chair and Rev. H. Irvine opened the programme with prayer. Mr. Fred Bale

in a very interesting manner outlined the relation of the hospital to the city.

The splendid report, presented by the superintendent, Miss Johnston, herself a graduate of this hospital, called for much praise of her capable management of the institution.

The graduating class of this year raises the total number of graduates of this training school to fifty-three. Of these sixteen are doing duty overseas, five hold institutional positions, nine are doing private duty, one metropolitan work, one is health nurse for the city, and fifteen are married.

Dr. L. G. McIntosh addressed the graduating class. The chief points of his excellent speech were these words: "Have pride in your profession, born of sentiments of kindness and benevolence in the minds of noble and unselfish women in the middle ages. And later, under the wonderful inspiration and devotion of Florence Nightingale, it has been endowed with scientific training, which makes the professional nurse an indispensable factor in the treatment of disease and suffering. These are the times of all times, when service is recognized and honored. Remember that you belong to a profession which peculiarly qualifies you to be of service to mankind. Nothing can give greater power and influence in the exercise of your profession than the equipment of a liberal education. I would enjoin you, in view of the relations between Great Britain and France, to make an effort to acquire the French language. Spend time on the English classics, Dickens, Goldsmith, and Tennyson, for in the words of Tennyson, 'Knowledge, usefulness, self-control, these are they which lead to sovereign power.'"

The chairman then presented the medals and diplomas, congratulating the nurses on graduating and the hospital on turning out such efficient nurses from their training school. To the senior of this class belongs the honor of having taken the highest percentage ever attained in this school.

Many tributes of admiration were paid to the young graduates, who looked very pretty, carrying their beautiful flowers.

All interested in the Hospital feel that these exercises conclude the best year in the history of the hospital.

The annual meeting of the Alumnæ Association of St. Michael's Hospital Training School for Nurses was held in the Nurses' lecture hall on Monday evening, April 30th, Miss Stubberfield presiding.

In her farewell address Miss Stubberfield spoke particularly to the graduating class of 1917 who were all present at the meeting. She explained to them the aim and object of the Alumnæ Association and the advantages the members derived from the association and urged them all to become members and to be active and interested in the work of the coming year.

The recording secretary read an interesting and encouraging report of the work and progress of the Alumnæ during the past year.

The election of officers was as follows:

Hon. President, Rev. Mother Alberta, St. Joseph Convent, Toronto; President, Miss Mary I. Foy, 163 Concord Avenue, Toronto; First Vice-President, Miss Anna Dolan, 592 Markham Street, Toronto; Second Vice-President, Miss A. Long, 570 Sherbourne Street, Toronto; Third Vice-President, Miss Hellen O'Connor, 85 Roxborough Street West, Toronto; Corresponding Secretary, Miss Anna Connor, 853 Bathurst Street, Toronto; Recording Secretary, Miss Carrie McBride, Oxford Apartments, Palmerston Boulevard, Toronto; Treasurer, Miss Marie Galbraith, 108 Moore Avenue, Toronto; Directors: Mrs. W. P. O'Brien, 126 McCaul Street, Toronto; Miss B. Hayes, 39 Lakeview Mansions, King Street West, Toronto; Miss D. Aylward, 853 Bathurst Street, Toronto. Press and Publication Representative, Miss Grace Coyle; Secretary-Treasurer Sick Benefit Association, Miss J. O'Connor; Central Registry Committee Representatives, Miss J. O'Connor, Miss A. Cahill.

A hearty vote of thanks was moved, seconded and unanimously carried to the retiring officers for their good work during the past year.

The monthly meeting of St. Michael's Alumnæ Association for Nurses was held at St. Michael's Hospital Monday evening, June 21st. Miss Foy occupied the chair. The graduates of this year all became members of the Alumnæ and enjoyed a very interesting discourse from Miss Foy.

It was uannimously decided that Miss Foy would represent St. Michael's Alumnæ Association at the C. N. A. of T. N. Convention, which is to be held at Montreal.

Refreshments were served, and the nurses enjoyed a dance, also a few musical selections.

Toronto Alumnae Association, Toronto General Hospital

On Tuesday evening, May 8th, the Alumnæ Association of the Toronto General Hospital gave a dance in honor of the Class of 1917. Miss Gunn, superintendent of the Training School, with Mrs. Aubin, President of the Alumnæ, received the guests of honor, the graduates and their friends. The splendid dining room of the Residence was given over to the dancers, who thoroughly enjoyed every moment. About two hundred and fifty guests were present and it was indeed a pretty sight to see the smart military uniforms of the nursing sisters intermingling with the white uniforms of the staff of the training school and the nurses on special duty, and also with the blue uniforms of the graduating class.

A number of officers from the C. A. M. C. were also present. One and all once more voted the "Alumnæ" dance a huge success and a splendid send-off to the class of 1917.

Saturday, May 26th, saw the departure of another draft of forty nursing sisters from the Toronto Base Hospital for active service overseas. Amongst the number were the following graduates of the Toronto General Hospital: Misses L. Spry, 1910; F. Hayden, 1911; B. Weir,

1911; E. C. McLeod, 1914; F. Bagshaw, 1915; D. Kinghorn, 1915; A. J. Brookes, 1916; Mabel Murray, 1916; and H. M. McLaren, 1916. This makes over 90 members of the T. G. H. Alumnæ on active service, with fully twenty-five members on duty in the military hospitals in Ontario.

The graduating exercises of the Toronto General Hospital School for Nurses took place on Friday, May 18th, 1917, at 8.30 p. m. The exercises were opened with prayer by Rev. G. C. Pidgeon, followed by addresses by Sir Joseph W. Flavelle, Chairman of the Board of Trustees, and Dr. J. A. MacDonald.

Miss Jean I. Gunn, Superintendent of Nurses, gave a comprehensive report of the year's work. Lady Flavelle presented the school pins and diplomas to the graduating class.

In the Senior Year Miss Elizabeth Havergal Moss, of Dundas, Ont., won the scholarship in connection with the Department of Social Service, University of Toronto, for one year's continuation work, given by the Board of Trustees, Toronto General Hospital, and Mr. A. W. Austin.

The Dr. James F. W. Ross Scholarship for General Proficiency was awarded to Miss Bessie Gordon McLean, Carleton Place, Ontario. The Dr. H. A. Bruce Scholarship for Proficiency in Operating Room Technique was given to Miss Grace Cruise, Port Dover, Ontario.

Miss Helen Marjorie Cartwright, Toronto, won the prize for highest standing in examinations.

The Dr. K. C. McIlwraith prize for Highest Standing in Obstetrical Nursing was given to Miss Evelyn Fraser, St. Anne's Bay, Jamaica, B. W. I.

The Mrs. R. B. Hamilton prize for Neatness in Room was awarded to Miss Mary Keegan, St. Johns, Newfoundland.

In the Intermediate Year Miss Margaret Helen Maclennan, Toronto, won the Arthur McCollum Memorial Scholarship, given by Mrs. Charels E. Kyle for General Proficiency.

The prize for Highest Standing in Examinations was awarded to Miss Mildred Laschinger, New Hamburg, Ontario.

After the singing of the National Anthem a reception was held in the Nurses' Residence.

The Alumnae Association of St. Joseph's Hospital, Chatham, Ont.

The regular meeting of St. Joseph's Hospital Alumnæ Association met in the Lecture Hall on Wednesday, June 6th at 2 p. m., with a fair attendance, Mrs. Durocher in the chair. The minutes of the last meeting were read and approved, followed by the reports from the Secretary-Treasurer. Several items of business were taken up. Before closing the meeting Rev. Father James addressed the nurses in a very pleasing manner, followed by an interesting lecture given by Dr. J. W. Rutherford.

After the meeting closed, the Superior invited the guests to the dining-room, where dainty refreshments were served. The room was prettily decorated with the hospital colours and spring blossoms. In the evening the school nurses gave a delightful reception to the graduates. The following officers were elected:

Honorary President, Mother Superior; Second Honorary President, Superintendent of Nurses; President, Mrs. Grace Hoy-Durocher; Vice-President, Miss Winnie Wildgen; Secretary-Treasurer, Miss Margaret Lydon; Executive Committee: Mrs. Fay Wing-Wallace, Miss Nellie Phelan, Miss Luella Covemy; Representative *The Canadian Nurse*, Miss Nellie Phelan.

HAMILTON

The graduation exercises of the 1917 class of nurses of the Hamilton City Hospital Training School took place at the Nurses' Residence, Thursday, June 7th, at 3 o'clock.

T. H. Pratt occupied the chair, and his address was very brief. The devotional exercises were conducted by Rev. J. A. Wilson. A pleasing programme of music, arranged by Miss Margaret Langrill, was given, the numbers being interspersed throughout the proceedings. In Dr. Langrill's absence the Florence Nightingale pledge was administered to the graduating class by Miss Katie Madden.

Dr. Douglas G. McIlwraith addressed the class and then presented diplomas to the following: Misses S. B. Caldwell, W. B. Harvie, D. A. Belfry, H. C. Fellowes, E. M. Street, G. E. Servos, M. G. Brown, G. Baker, D. M. Cox, D. C. Gill, P. M. Donnen, D. L. Hodges, L. Waddle, A. M. Tobias, D. H. Ballingal, B. Bell, A. M. Tuck, M. E. McClory, B. Dallimore, J. Galbraith, A. H. Male, I. Churches, A. Black and W. M. Campbell. Rev. Canon Daw presented the pins to the graduates, and W. H. Wardrope, K. C., presented Miss Dorothy Gill with the Mary McLaren House Scholarship.

Forty-five graduates of the H. C. H. are now serving their King, Miss Mabel Sampson having been the first to leave Canada and to arrive in France. She is now in Salonika.

Miss Cora Taylor has been appointed to the staff of the Base Hospital, Toronto.

Nursing Sisters P. Simmons and Wilkin are at Orpington; E. J. Deyman and A. Carscallen at Moore Barracks, and E. M. Long at Brighton.

A number of graduate nurses and their friends went up to the infirmary at the Sanitorium recently and gave an enjoyable concert for the patients. Piano duets by Misses Brennan and Tobias, violin solos by Miss Alma Booker, recitations by Miss Davy, and songs by the Musurgia Quartette made the evening pass pleasantly.

Miss Sabine has been appointed to the staff of the Babies' Dispensary Guild.

Misses Kate Madden, Isabel Laidlaw and E. Liddy attended the convention in Montreal. Miss Laidlaw represented the H. C. H. Alumnæ Association at the Canadian National Association Convention.

The annual meeting of the Graduate Nurses' Central Registry was held at the Nurses' Residence, Hamilton City Hospital, June 12th. Miss Annie Kerr was in the chair. The reports presented showed a year of progress. The membership is now 127. After the routine business had been disposed of, Dr. J. Heurner Mullin gave an interesting address on the work of the Baby Welfare Association, and bespoke the interest of the nurses in the field day and the exhibit to be held in the old Royal Hotel.

At the June meeting of the H. C. H. Alumnæ Association, $25.00 was voted towards the support of *The Canadian Nurse.*

* * * *

MANITOBA

The annual meeting of the Winnipeg General Hospital Nurses' Alumnæ Association was held in May. Reports of committees were read and new officers were appointed. Donations to war work for the year were: For bed in Cliveden Hospital, $50; for Y. M. C. A. Hut Fund, $100; for Christmas cheer to soldiers' families, $25; for special call for Red Cross, $25; monthly subscription of $5 to Patriotic Fund.

A native nurse in India is supported by the Society. An interesting letter from her was read at the annual meeting.

The Registrar reported a membership of 152; number of city calls during year, 1,055; number of country calls during year, 159; number private calls during year, 283; number of positions, 39; total, 1,536. During the year the Constitution and Registry Rules were revised.

A vote of thanks was awarded to Miss Isabel M. Stewart, Class 1902, for her excellent article, "The Nursing Spirit," written for the April number of the *W. G. H. Nurses' Alumnae Journal.*

Miss Stewart is Assistant Professor, Department of Nursing and Health, Teachers' College, Columbia University, New York.

The closing meeting for the season of the Alumnæ Association was held in June. The special committee appointed to discuss the advisability of offering a scholarship to the 1918 nurses' training class, recommended that a scholarship of $200 be offered for a special post-graduate course. After a lengthy discussion this suggestion was adopted. It was decided that in order to continue Red Cross knitting during the summer months, members should meet once a month at the usual time and place, the Nurses' Home, W. G. C., for the purpose of returning socks and obtaining wool.

Mrs. Williams, (nee Howland, Class '12), at present on furlough, gave a very interesting account of work in China, where she has been serving as a missionary nurse.

The Honor Roll of W. G. H. Nurses contains the names of over one hundred, quite a number of whom have been awarded the Royal Red Cross.

The President of the Alumnæe Association, Mrs. Laughlin, was sent as delegate to the National Convention of Nurses at Montreal.

* * * *

BRITISH COLUMBIA

Miss E. M. Haines, who has recently finished a post-graduate course at Vancouver, has taken the V. O. District at New Westminster, B. C.

Mrs. H. C. Hanington, of Victoria, has been appointed superintendent of the Victorian Order of Nurses for all Canada. She has been in the East during the past few weeks attending the win-the-war convention and a conference of the National Council of Women, and will return shortly. On assuming her new duties she will make her residence in Ottawa, where Mr. Hanington is now living. Mrs. Hanington has for years been prominent in women's organization, notably the Women's Canadian Club, the Local Council of Women and the I. O. D. E., and by these associations her organizing ability and industry will be missed, although it is felt that her new post will give her wider and more effective scope for her ability.

Births

KAELLEN—Born to Mr. and Mrs. Carl Kaellen, May 14th, 1917, a daughter. Mrs. Kaellen was formerly Miss Dumouchelle, graduate nurse of H. D. H.

Marriages

DILLON-YEATES—On Friday, June 8th, 1917, in Toronto, by the Rev. C. Sinclair Applegath, Madeleine A. R., second daughter of Mrs. and the late Ernest L. Yeates, of Toronto, to Ernest Macaulay Dillon, of Toronto, elder son of Mrs. and the late Robert W. Dillon, of Ottawa. Miss Yeates is a graduate of the Toronto G. H., Class 1914.

SAINT-JEFFERS—June 23rd, at Agassiz, B. C., Miss Adelaide Jeffers, graduate Boston City Hospital, to Mr. Charles Saint, of Vancouver, B.C.

Deaths

WIGLE—At Hotel Dieu, June 26th, 1917, Miss Sarah Wigle, graduate of H. D. H. Interment at Leamington.

Nursing Sister Laura Holland, 47 St. Mark Street, has been awarded the Royal Red Cross Medal, second-class, for her services in the Gallipoli campaign. She is a graduate of the Montreal General Hospital and went overseas in June, 1915. She is now attached to a London hospital.

"The House By The Side of The Road"

There are hermit souls that live withdrawn
In the peace of their self-content;
There are souls, like stars, that dwell apart
In the fellowless firmament;
There are pioneer souls that blaze their paths
Where highways never ran—
But let me live by the side of the road,
And be a friend to man.

I know there are brook-gladdened meadows ahead
And the mountains of wearisome height;
And the road passes on through the long afternoon
And stretches away to the night.
And still I rejoice when the travelers rejoice,
And weep with the strangers that moan,
Nor live in my house by the side of the road
Like a man who dwells alone.

I see from my house by the side of the road,
By the side of the highway of life,
The men who pass on with the ardor of hope
And the men who are faint with the strife.
But I turn not away from their smiles or their tears—
Both parts of an infinite plan—
Let me live in a house by the side of a road,
And be a friend to man.

Let me live in a house by the side of the road,
Where the race of men go by—
The men who are good and the men who are bad,
As good and as bad as I.
I would not sit in the scorner's seat,
Or hurl the cynic's ban—
Let me live in a house by the side of the road,
And be a friend to man.

Let me live in my house by the side of the road,
Where the race of men go by—
They are good, they are bad, they are weak, they are strong,
Wise, foolish—so am I.
Then why should I sit on the scorner's seat,
Or hurl the cynic's ban?
Let me live in my house by the side of the road,
And be a friend to man.

—S. W. Foss.

Class or Club

Pins

in Silver and Hard French Enamel

Write for Designs

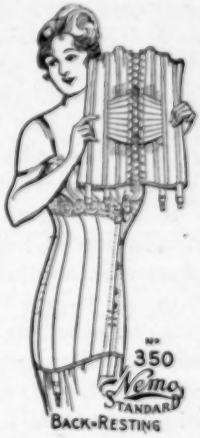
Ryrie Bros., Limited

134, 136, 138 Yonge Street

Toronto

"It Rests your Back"

IF YOU SUFFER from that common enemy of womankind, backache, this is a message of relief to you:



Nemo Back-resting Corsets

strengthen weak back muscles and relieve backache.

The sketch shows a dainty Back-resting model of fine white coutil for slender to medium figures.

$5.75 pair

Other Back-resting Models at $5 and $7

Our Corsetiere will give you a trial fitting free.

MORE & WILSON Limited

556 Granville St. Vancouver, B.C.

Modern Painless Methods

YOU Nurses know the importance of good health. You know, too, how the mouth breeds disease germs. And you cannot afford to become ill. You must safeguard your health. Come to me for a Free, Expert Examination that will determine the needs of your teeth.

Dr. Brett Anderson

Bank of Ottawa Building

602 Hastings Street W.

Vancouver, B.C.

Phone: Sey. 3331

Write or come in. Nurses in Attendance.

For the Nurse

YOU will find in our store an especially fine assortment of guaranteed Wrist Watches suitable for nurses' use. These timepieces all have 10- or 15-jewel nickel movements, and range in price from $5.00 to $13.50.

We are particularly well equipped for the manufacture of class or other special pins, either in metal or enamel. Designs submitted without charge.

In quality of workmanship our watch and jewelry repair departments are unexcelled, and our prices are most reasonable.

O. B. Allan

Specialist in Diamonds

Granville and Pender Streets

Vancouver, B.C.

"PRINCE," WHO COLLECTS $100 MONTHLY

In Victoria, British Columbia, there is a very successful collector for the Blue Cross Fund for horses disabled in war. His name is "Prince," and he is a beautiful Newfoundland dog. For months, with his box, decorated with the Blue Cross, strapped to his collar, Prince has served his King and Country as faithfully and as true as any subject of George V., by petitioning alms for the horses wounded and suffering in the great war. And he has done this not alone for horses, but dogs as well, for the Blue Cross, besides establishing veterinary hospitals in France and supplying clothing and comforts for horses at the front, also takes care of the sick and wounded Red Cross dogs, those noble animals that have proved themselves so invaluable in the terrible conflict.

At the outbreak of the war Prince's master was called to the front, leaving behind his dog, who was trained to "do his bit," and who soon developed a marvelous ability in collecting money. His favorite location was among the many well-to-do patrons of the Empress Hotel, Victoria, where he gained many admirers and willing helpers. By the courtesy of the management, and on account of his docile ways, he was allowed to attend the Saturday afternoon dances held there, always coming away with some handsome contribution to the Blue Cross Fund.

On the occasion of the farewell visit to Victoria of their Royal Highnesses the Duke and Duchess of Connaught and the Princess Patricia, Prince was presented to them, enjoying the unique privilege of receiving direct from them a very handsome donation, accompanied by many kind expressions of their approval. Princess Patricia graciously accepted the dog as a present when the Royal party left the city, but it was her wish, however, that Prince should for the present remain in the custody of his late master to carry on the good work in which he is employed. The dog's popularity may be judged by the fact that he has been averaging $100 in collections, monthly, a result unrivaled, possibly, by any other dog collector working for a single cause.

Editor's Note:—Any kind reader wishing to help Prince in his noble work may send his contribution to Lieut. C. G. Guy, H. M. C. Dockyard, Esquimalt, B. C., who has charge of the dog.—*Our Adult Animals.*

PUBLIC HEALTH NURSERY

Miss Mary E. Lent, of Baltimore, associate secretary of the National Organization for Public Health Nursing, has just completed a successful trip of eight months, covering eighteen of the largest cities in the country, and creating immense enthusiasm for the spread of properly organized public health nursing.

According to letters, reports and newspaper accounts which have

CLASSIFIED ADVERTISING

NURSING BOOKS

Technical Books—If there is any book on nursing you want, write us and we will try to get it for you—The Canadian Nurse, 302 Fifteenth Avenue, East Burnaby, B. C.

HOME FOR NURSES

Graduate Nurses wishing to do private duty will find at Miss Ryan's Home for Graduate Nurses (connected with one of the largest private sanatoriums in the city) a splendid opportunity to become acquainted and established in their profession. Address 106 West 61st Street, New York City. Phone: Columbus 7780 7781.

FOR YOUR UNIFORMS

YOU WANT GOOD MATERIAL that will stand constant wear and washing. Let us send you samples of the admirable fabrics to be found in our Wash Goods Section—they're splendid values.

Plain Ginghams, pink or blue.... .....**25c** to **50c. a yard**

Striped Ginghams and Galateas, cadet or navy, with white..... .....**25c. and 35c. a yard**

White Indian Head, 25c to **40c. a yard**

White Gabardines and **Poplins**... .....**50c.** to **90c. a yard**

Samples sent on request.

Murray-Kay Limited

17-31 King St. East - Toronto, Ont.

WANTED

Graduate Nurse as Assistant Registrar. Apply by letter to Central Registry of Graduate Nurses, 295 Sherbourne Street, Toronto, Ont.

Colonial Nursing Association require Nurse for Japan. For particulars apply Miss Barton, St. Margaret's School, Victoria, B. C.

Y. W. C. A. Holiday Camp

WHYTECLIFF

OPENS JUNE 30th till September 1st. Indoor and outdoor sleeping. Screened-in Dining-room. Excellent meals. Rates, $5.50 to $6.50 per week. Sport instructress there all the time. Boating, Swimming, Hiking, Camp Fires, Fishing, Concerts, etc. Many teachers, nurses, stenographers and other business women spend a most delightful holiday here.

Apply at Y. W. C. A., 997 Dunsmuir Street, Vancouver, B. C.

School of Massage

The Toronto Orthopedic Hospital

Founded 1899

Only School in Canada. Weir-Mitchell System. Swedish Movements. Lectures in Anatomy and Physiology. Male and Female Pupils accepted.

Terms on application to Superintendent,

100 Bloor Street West **Toronto, Ont.**

DIX-MAKE UNIFORMS *in France*

IT seemed but natural, that when the Lakeside Hospital of Cleveland, Ohio, organized the first unit of nurses to leave for Europe, their need for uniforms should find its answer in DIX-MAKE.

A long distance call to our executive office was answered by a special express shipment to our dealer in that city.

The uniforms were received in less than allotted time, and we are proud to say that DIX-MAKE UNIFORMS accompanied the first contingent of American Nurses, now "Somewhere in France."

The Nurses of the Harvard Unit, as well as many others, were also outfitted in DIX-MAKE UNIFORMS.

We speak of this because we cannot help feel a sense of pride, of honor, to have done our part in aiding those brave women to leave for the Theatre of War at so short a notice.

Catalog "B" and full information gladly supplied

Henry A. Dix & Sons Co

DIX BUILDING NEW YORK

drifted back to New York during the past few months, Miss Lent's trip not only aroused the nurses but stimulated public health authorities, boards of trade, chambers of commerce, and made a deep impression on the public mind. Her chief message has been the centralization of social service and the organization of public health nursing as a part of the Municipal and State programme for health conservation.

Miss Lent's tour extended from Portland, Ore., to Louisiana and back again to New York. Everywhere she was received with the utmost cordiality and enthusiasm by the nursing organizations. She met with a warm reception from city officials, including mayors and commissioners of health, and was afforded opportunity to address women's clubs, boards of trade, chambers of commerce, as well as public meetings attended by interested groups of citizens. Everywhere she dwelt on the importance of securing for public health nursing the support of the City and the State, and having it substantially backed by the proper authorities.

In Los Angeles Miss Lent assisted in the reorganization of public health nursing under municipal control. In Seattle she laid the foundation for a permanent Visiting Nurse Society; she was active in Minneapolis in working out a plan for placing the nursing division under separate organizations of its own, and while there her strong advocacy of centralizing all forms of social activity made a deep impression on the authorities.—*Public Health Nursing Bulletin.*

MORE THAN A POULTICE

MOIST HEAT

PLUS

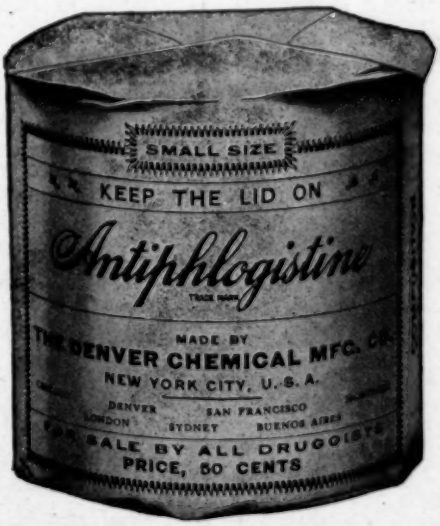
HYGROSCOPIC — ANTISEPTIC OSMOTIC ACTION

One unique feature about Antiphlogistine as compared to all other applications of moist heat, is its hygroscopic and osmotic power—the power to take unto itself the products of inflammation.

Another peculiar feature about Antiphlogistine is its marked thermal property. When the watery exudate from an inflamed area comes in contact with hygroscopic glycerine as contained in Antiphlogistine, heat is produced. As long as there is osmotic action there is bound to be the resultant heat; hence an application of Antiphlogistine may remain warm for 24 hours or even longer.

ANTIPHLOGISTINE

Is indicated whenever and wherever inflammation plays a part



THE DENVER CHEMICAL MANUFACTURING CO., Montreal

BAKER'S
BREAKFAST
COCOA

REGISTERED TRADE-MARK

A pure, delicious and wholesome drink. Rich in food value, yet of moderate price, it possesses the natural flavor, color and aroma of high grade cocoa beans.

MADE IN CANADA by

Walter Baker & Co. Limited

Established 1780

Montreal, Canada Dorchester, Mass.

Chandler & Fisher
Limited

Surgical and Hospital Supplies

Winnipeg and Vancouver

THE
Graduate Nurses' Registry and Club

Phone Seymour 5834
Day and Night

Registrar—Miss Archibald

779 Bute St., Vancouver, B.C.

New York Polyclinic
Post Graduate School of Nursing

¶ Offers nine months' course in the following branches: Surgery, including emergency work; Operating Room Technic; Sterilization; Gynecology; Pediatrics; Eye, Ear, Nose, Throat; Orthopedics; Cystoscopy.

¶ Classes by resident instructor, supplemented by bedside instruction. Lectures by Attending Staff. Special Course in Dietetics. Diploma awarded on satisfactory completion of course. Remuneration: Board, lodging, laundry, and $10 monthly.

¶ A special course of four months' duration is offered to those specially qualified. Board, lodging and laundry furnished.

SUPERINTENDENT OF NURSES
341-351 West 50th Street, New York

The Neurological Institute of New York

offers a six months' Post Graduate Course to Nurses. Thorough practical and theoretical instruction will be given in the conduct of nervous diseases, especially in the application of water, heat, light, electricity, suggestion and re-education as curative measures.

$20.00 a month will be paid, together with board, lodging and laundry. Application to be made to Miss G. M. Dwyer, R.N., Supervisor of Nurses, 149 East 67th St., New York City.

Phone Riverside 6385

Park View Registry
for
Graduate Nurses

Margaret E. White, R.N.
8 West 93rd St. - New York

THE FLORENCE NIGHTINGALE ASSOCIATION OF TORONTO

Honorary President, Miss M. J. Kennedy, 1189 Yates Street, Victoria, B. C.; President, Miss Ina F. Pringle, 17 Park Road; Vice-President, Miss C. MacLellan; Secretary, Miss Jean C. Wardell, R. N., 290½ Dundas St.; Treasurer, Mrs. J. W. Wigham, 1299 Bloor St. W.

Board of Directors—Misses Wilson, Millan, Nash, Wilson, Didsbury, M. A. MacKenzie, Dyke, Kinder and J. Ferguson.

Representatives to Central Registry Committee—Misses Wardell and Didsbury.

"The Canadian Nurse" Representative—Miss Jessie Ferguson, 596 Sherbourne St.

Regular Meeting—First Tuesday, every second month.

THE ALUMNAE ASSOCIATION OF VICTORIA HOSPITAL TRAINING SCHOOL FOR NURSES, LONDON, ONTARIO

President, Mrs. Joseph; Vice-President, Miss Whiting; Secretary and Recording Secretary, Miss Barons; Treasurer, Mrs. Cummings.

Programme Committee: Mrs. Douglas, Mrs. Thomas, Misses Mortimer, Hutchison and G. Wood.

Advisory Committee: Mrs. Peterson, Misses McVicar, Gilchrist and Forsyth.

THE TORONTO WESTERN HOSPITAL ALUMNAE ASSOCIATION

Honorary President, Miss Ellis, Superintendent of Nurses, Toronto Western Hospital; President, Mrs. Gilroy, 490 Spadina Avenue; First Vice-President, Miss Anderson; Second Vice-President, Miss Hornsby; Recording Secretary, Miss Lowe; Corresponding Secretary, Mrs. Wettlaufer, 97 Constance Street; Treasurer, Miss Northgrave, Toronto Western Hospital.

Central Registry—Miss Wice, Miss King, Mrs. Gilroy.

Representative "Canadian Nurse," Miss Creighton, 363 Grace Street.

Programme Committee—Miss Cooper, Miss Cook, Mrs. Bell.

Visiting Committee—Mrs. Brereton, Miss Harrison, Miss McKibbon.

Board of Directors—Mrs. Yorke, Mrs. Huston, Miss MacDermid, Miss Annan, Miss Fell, Mrs. Shaw, Miss Beckett.

Refreshment Committee—Mrs. Rountree, Miss Corley.

Treasurer of Alumnae Ward Fund—Mrs. Valantine, 55 Lakeview Avenue.

OFFICERS OF THE TORONTO GENERAL HOSPITAL ALUMNAE ASSOCIATION FOR 1916-17

Hon. President, Miss M. A. Sniveley; President, Mrs. N. Hillary Aubin, Apt. 22, 27 Christie Street; First Vice-President, Miss M. A. B. Ellis; Second Vice-President, Miss Addie McQuhae; Recording Secretary, Miss Jean McTavish; Corresponding Secretary, Mrs. M. A. Moore; Treasurer, Miss Elsie Hickey, 19 Sparkhall Avenue. Board of Directors: Misses Scadding, Purdy, Loucks.

Convener of Committees—Programme: Mrs. Percy McCullough, (nee Allen).

Press and Publication—Miss Agnes Kennedy.

Representatives on the Central Registry—Miss M. Samson, Miss S. Brick.

Alumnae meets at the Hospital First Wednesday of every alternate month.

THE ALUMNAE ASSOCIATION OF ST. MICHAEL'S HOSPITAL, TORONTO

President—Miss Stubberfield, 1 St. Thomas St.; First Vice-President, Miss M. Power; Second Vice-President, Miss A. B. Long; Third Vice-President, Miss A. G. Gibson; Corresponding Secretary, Miss A. M. Connor, 853 Bathurst St.; Recording Secretary, Miss M. Clancy, 32 McKenzie Crescent; Treasurer, Miss B. Hinchey, 853 Bathurst St.

Board of Directors—Misses M. Goodwin, A. Kelly and L. McCurdy.

Representatives on Central Registry Committee—Miss J. B. O'Connor, Miss A. Cahill.

Secretary-Treasurer Sick Benefit Association—Miss J. O'Connor, 853 Bathurst St.

Representative "The Canadian Nurse"—Miss M. I. Foy, 163 Concord Ave.

Regular Meeting—Second Monday every two months.

THE ALUMNAE ASSOCIATION, HOSPITAL FOR SICK CHILDREN TRAINING SCHOOL FOR NURSES, TORONTO

President—Miss Mary Aitken, 593 Spadina Avenue.
First Vice-President—Miss Eleanor Butterfield, 221 Elizabeth Street.
Second Vice-President—Miss Dorothy Burwash, 221 Elizabeth St.
Treasurer—Miss Ivy Anderson, 210 Bloor St. East, Apt. 15.
Recording Secretary—Miss A. Rolph, 105 Roxborough St. East.
Corresponding Secretary—Miss M. Daly, 308 Jarvis St., Apt. "D."
Registry Representatives—Miss Aitken, Miss B. Hall.
Sick Visiting Committee—Miss Ewing, Miss Dingwell, Miss Winter.

THE ALUMNAE ASSOCIATION OF THE HAMILTON CITY HOSPITAL TRAINING SCHOOL FOR NURSES

President, Mrs. Newson, 87 Pearl Street North; Vice-President, Miss McColl, 23 Ontario Avenue; Secretary, Miss Sabine, 113 Sanford Street; Treasurer, Mrs. Jarvis, 139 Oak Avenue; Corresponding Secretary, Miss Bessie Sadler, 100 Grant Avenue. Committee—Misses B. Aitken, Pegg, Binkley, Kennedy, Buckbu.

The Canadian Nurse Representative—Miss E. L. Taylor, Strathcona Apts.
Regular Meeting—First Tuesday, 3.30 p. m.

THE ALUMNAE ASSOCIATION OF GRACE HOSPITAL, TORONTO

Honorary President, Miss G. L. Rowan, Superintendent Nurses, Grace Hospital; President, Miss M. E. Henderson; First Vice-President, Miss C. E. DeVellin; Second Vice-President, Miss M. Greer; Corresponding Secretary, Miss Rutherford; Recording Secretary, Miss MacIntyre; Treasurer, Mrs. J. M. Aitken, 409 West Marion Street.

Directors: Misses Rowan, Burnett, Pearen, Cullen, Mrs. McKeown.
Representative to Canadian Nurse, Miss M. Greer.
Representative on Central Registry Committee, Misses Wixon and Cunningham.
Conveners of Committees—Social Miss Etta McPherson; Programme: Miss Rowan; Press and Publication: Miss L. Smith; Sick: Miss Goldner.
Regular Meeting—Second Tuesday, 8 p. m.

THE ALUMNAE ASSOCIATION, RIVERDALE HOSPITAL, TORONTO

Prsident, Miss J. G. McNeill, 82 Gloucester St.; Vice-President, Miss K. Mathieson, Superintendent Riverdale Hospital; Secretary, Miss Luney, Riverdale Hospital; Treasurer, Miss Kirk, 336 Crawford St.

Executive Committee—Misses K. Scott, Murphy, and Mrs. Lane.
Conveners of Committees—Sick Visiting, Miss Honey; Programme, Miss E. Scott.
Representatives on Central Registry Committee—Misses Piggott and Rork.
Representative "The Canadian Nurse"—Miss J. G. McNeill.
Regular Meeting—First Thursday, 8 p. m.

THE ALUMNAE ASSOCIATION OF ST. BONIFACE HOSPITAL, ST. BONIFACE, MANITOBA

Hon. President, Rev. Sister Wagner, St. Boniface Hospital; President, Miss Maude Wannacott, 536 Greenwood Place; First Vice-President, Miss A. C. Starr, 753 Wolseley Avenue; Second Vice-President, Miss S. McLelland, 753 Wolseley Avenue; Secretary, Miss C. Maddin, 98 Lipton Street; Treasurer, Miss Carson, 74 Langside Street.

Convenors of Committees—
Executive—Miss Chisholm, 753 Wolseley Avenue.
Social—Miss Starr, 753 Wolseley Avenue.
Sick Visiting—Mrs. Montgomery, 196 Kennedy Street.
Red Cross—Mrs. Hall, 237 Morley Avenue.
Regular Monthly Meeting, second Wednesday at 3 p. m.

THE ALUMNAE ASSOCIATION OF THE WESTERN HOSPITAL, MONTREAL

Hon. President, Miss Jane Craig, Supt. of Nurses, Western Hospital, Montreal; President, Miss Wright, 30 Souvenir Avenue; First Vice-President, Miss Birch, Western Hospital; Second Vice-President, Miss Perrault, Western Hospital; Secretary-Treasurer, Miss B. A. Dyer, 903 Tupper Street.

Conveners of Committees—Finance, Mrs. McLean; Programme, Miss Buchan; Membership and Visiting, Miss Finnigan; General Nursing and Social, Miss Wilkinson.

Representative to "The Canadian Nurse," Miss Ada Chisholm.
Regular Meeting—First Monday, 4 p. m.

THE ALUMNAE ASSOCIATION, TORONTO FREE HOSPITAL TRAINING SCHOOL FOR NURSES, WESTON, ONT.

Honorary President, Miss E. McP. Dickson, Superintendent of Nurses, Toronto Free Hospital; President, Miss J. D. Bryden, Toronto Free Hospital; Vice-President, Miss K. Bowen, Farringdon Hill, Ont.; Secretary, Miss Nora E. Acton, Toronto Free Hospital; Treasurer, Miss M. Ryan, Toronto Free Hospital.

Programme Convener—Miss A. E. Wells, 27 Balmuto Street.

Press Representative—Miss C. I. Bobbette, Toronto Free Hospital.

Regular Meeting—Second Friday, every second month.

THE ALUMNAE ASSOCIATION OF THE WOODSTOCK GENERAL HOSPITAL TRAINING SCHOOL FOR NURSES

Honorary President, Miss Frances Sharpe, Woodstock Hospital; President, Mrs. V. L. Francis, 82 Delatre St.; Vice-president, Mrs. A. T. MacNeill, 146 Wilson St.; Recording Secretary, Miss M. H. Mackay, R. N.; Assistant Secretary, Miss Anna Elliott; Corresponding Secretary, Miss Kathleen Markey; Treasurer, Miss Winifred Huggins; Representative The Canadian Nurse, Miss Bertha Johnston.

THE GRADUATE NURSES' ASSOCIATION OF ONTARIO, INCORPORATED 1908

President—Miss Kate Madden, superintendent of Nurses, City Hospital, Hamilton; First Vice-President, Mrs. W. S. Tilley, Brantford; Second Vice-President, Miss Kate Matherson, Riverdale Hospital, Toronto; Recording Secretary, Miss I. McP. Dickson, Superintendent of Nurses, Toronto Free Hospital for Consumptives, Weston; Corresponding Secretary, Miss Isabel Laidlaw, 137 Catherine St. N., Hamilton; Treasurer, Miss E. J. Jamieson, 23 Woodlawn Ave. E., Toronto.

Board of Directors—Jessie Cooper, Ina F. Pringle, J. G. McNeill, J. O'Connor, E. H. Dyke, L. M. Intis, M. J. Allan, M. L. Anderson, S. B. Jackson, Isobel Sloane, G. Burke, Toronto; Mrs. Reynolds, Miss Eimons, Hamilton; Bertha Mowry, Peterboro; C. Milton, Kingston.

THE ALUMNAE ASSOCIATION OF THE WELLESLEY HOSPITAL TRAINING SCHOOL FOR NURSES, TORONTO

Honorary President, Miss Elizabeth G. Flaws, R. N.; President, Miss Gladys Gustin; Vice-President, Miss Ethel Hogaboom; Secretary-Treasurer, Miss Helen Carruthers, 552 Huron Street, telephone, Hillcrest 4233. Executive Committee: Miss Anna Stedham, Miss Clara McNeill, with the foregoing.

H. CARRUTHERS, Sec.-Treas.

THE EDMONTON GRADUATE NURSES' ASSOCIATION

President, Mrs. R. W. R. Armstrong, R. N., Armstrong Block, 103rd Street, Edmonton; First Vice-President, Mrs. Manson, R. N., Rene Lemarchard Mansions, 116th Street, Edmonton; Second Vice-President, Mrs. Lucas, 9671—87th Avenue, Edmonton South; Recording Secretary, Miss A. Evans, R. N., Rene Lemarchard Mansions, 116th Street, Edmonton; Corresponding Secretary, Miss A. L. Sproule, R. N., 11158—82nd Avenue, Edmonton South; Treasurer, Mrs. C. A. Campbell, 10168—113th Street, Edmonton.

Regular Monthly Meeting—Third Wednesday, 3.30 p. m.

THE ALUMNAE ASSOCIATION OF TORONTO HOSPITAL FOR INCURABLES

Honorary President, Mrs. A. A. Jackson, 338 Symington Avenue; President, Miss Esther M. Cook, Toronto Hospital for Incurables; Vice-President, Miss Margaret M. Bowman, 29 Tyndall Avenue, Toronto; Secretary-Treasurer, Miss Alice Lendrum, Toronto Hospital for Incurables; Press Representative, Miss Margaret A. Ferriman, Toronto Hospital for Incurables.

Regular Meeting—Third Monday, at 3 p. m.

KINGSTON GENERAL HOSPITAL ALUMNAE ASSOCIATION KINGSTON, ONT.

Hon. President, Miss Claudia Boskill; President, Mrs. George Nichol, Cataraqui, Ont.; First Vice-President, Mrs. D. F. Campbell; Second Vice-President, Miss E. Baker; Secretary, Miss Florence Hiscock, 117 William Street, Kingston; Assistant Secretary, Nursing Sister Olive O'Neill; Corresponding Secretary, Mrs. G. H. Williamson; Treasurer, Mrs. H. Marshall.

Course in Public Health Nursing

in the School of Applied Social Sciences

Western Reserve University

Cleveland, Ohio **Sept., 1917—June, 1918**

LECTURES, required reading, case discussion and excursions compose an important part of the Course.

Training in field work is obtained in the University Public Health Nursing District which has been established in a section of the city where a great variety of problems is offered for study and treatment.

Work in this district includes general visiting nursing; the care of the sick and well baby, of tuberculosis and contagious diseases; field work in the Districts of the Associated Charities and with the staff of School Nurses. Opportunities for experience in rural nursing may be arranged for.

A distinguishing feature of the Course is the responsible field work conducted for its educational value under the close supervision of a staff of instructors, all of whom have held positions of responsibility in Public Health Nursing.

Loan scholarships from $125.00 to $500.00 are available at special rates. Tuition $125.00. For further information apply to

MISS CECILIA A. EVANS,
2739 Orange Avenue,
Cleveland, Ohio.

Note: Graduates in Public Health Nursing are in great demand. Requests for nurses thus qualified are in excess of supply. Promising candidates are frequently assisted in obtaining positions paying not less than $1,200 per year.

MACMILLANS

FOR PROMPTNESS FOR SERVICE

280 Pages Post Paid $1.75

"Anatomy and Physiology for Nurses"

By

Dr. Percy M. Dawson, Instructor in Anatomy and Physiology in the Training School of the Madison General Hospital; formerly Instructor in Anatomy and Physiology, Johns Hopkins Hospital.

In this book the author has endeavoured to put before the reader in a clear and concise form those rudiments of Anatomy and Physiology a knowledge of which is essential to every Nurse.

It is specially suited to those who have not time to study a large text, such as Kimber's Anatomy.

THE MACMILLAN COMPANY OF CANADA LIMITED,

70 Bond Street - - Toronto, Ont.

NA-DRU-CO
ROYAL ROSE
TALCUM POWDER

A protection and a delight to enthusiastic lovers of the great outdoors. Keeps the skin soft and smooth through unlimited exposure to wind and sun.

25c. a tin—at your Druggist's. 261

National Drug & Chemical Co. of Canada, Limited, Montreal.

Calgary Association of Graduate Nurses

Phone Main 4451

TO any Graduate Nurse wishing to come to Calgary, the Registry of above Association would be glad to find you work here.

411 2nd Avenue West
Calgary, Alberta

The Central Registry Graduate Nurses

Supply Nurses any hour day or night.

Phone 162

HAMILTON - ONTARIO

Obstetric Nursing

THE CHICAGO LYING-IN HOSPITAL offers a four-months' post-graduate course in obstetric nursing to graduates of accredited training schools connected with general hospitals, giving not less than two years' training.

The course comprises practical and didactic work in the hospital and practical work in the Out Department connected with it. On the satisfactory completion of the service a certificate is given the nurse.

Board, room and laundry are furnished and an allowance of $10.00 per month to cover incidental expense.

Affiliations with accredited Training Schools are desired, as follows:

A four-months' course to be given to pupils of accredited training schools associated with general hospitals.

Only pupils who have completed their surgical training can be accepted.

Pupil nurses receive board, room and laundry and an allowance of $5.00 per month.

ADDRESS:

Chicago Lying-in Hospital and Dispensary
5038 Vincennes Avenue, CHICAGO

The prudent practitioner, being guided by the dictates of experience, relieves himself from disquieting uncertainty of results by safeguarding himself against imposition when prescribing

ERGOAPIOL (Smith)

The widespread employment of the preparation in the treatment of anomalies of the menstrual function rests on the unqualified indorsement of physicians whose superior knowledge of the relative value of agents of this class stands unimpeached.

By virtue of its impressive analgesic and antispasmodic action on the female reproductive system and its property of promoting functional activity of the uterus and its appendages, Ergoapiol (Smith) is of extraordinary service in the treatment of

AMENORRHEA, DYSMENORRHEA
MENORRHAGIA, METRORRHAGIA
ETC

ERGOAPIOL (Smith) is supplied only in packages containing twenty capsules. DOSE: One to two capsules three or four times a day. ❧ ❧ ❧ Samples and literature sent on request.

MARTIN H. SMITH COMPANY, New York, N. Y., U. S. A.

NEW BOOKS

ETHICS FOR NURSES: By Charlotte A. Aikens. This is an excellent work for the training-school. 320 pages. Price $1.75.

CHEMISTRY AND TOXICOLOGY FOR NURSES: By Philip Asher, Ph.G., M.D., Professor of Chemistry, New Orleans College of Pharmacy. 190 pages. Price $1.25.

OBSTETRICS FOR NURSES: New fourth edition. By Joseph B. DeLee, M.D., Professor of Obstetrics in the Northwestern University Medical School, Chicago. 508 pages, with 219 illustrations. Price $2.50.

The J. F. Hartz Co. Limited

Sickroom Supplies

24-26 Hayter Street **TORONTO**

FELLOWS' SYRUP
of the
HYPOPHOSPHITES

promotes

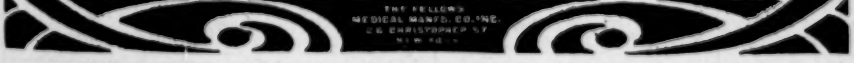
Appetite Energy Vitality

Not an untried experiment but a Tonic remedy whose efficacy has been fully demonstrated during half a century of practical application.

HAVE YOU TRIED IT?

Samples and Literature sent upon request

FELLOWS MEDICAL MANFG. CO., Inc.



New York School of Medical Gymnastics and Massage

664 Lexington Ave. NEW YORK, N.Y.

A. PRACTICAL: Swedish Movements, Orthopedic Gymnastics, Baking, Manual and Vibratory Massage.

B. THEORETICAL: Lectures on Anatomy, Physiology, essential parts of Pathology, etc.

C. Special Course in Electricity.

All communications should be directed to

Gudrun Friis-Holm, M.D.

Instructor in Massage at the Following Hospitals:
Roosevelt, New York, New York
Past Graduate Bellevue and others

Boston Courses in Public Health Nursing

THE DEPARTMENT OF PUBLIC HEALTH NURSING OF SIMMONS COLLEGE, in connection with the Instructive District Nursing Association and the School for Social Workers, offers to qualified nurses a course in preparation for public health nursing, extending from September, 1917, to June, 1918.

At Simmons College, the work includes courses in applied bacteriology, municipal, rural and industrial sanitation, social legislation, sex hygiene and principles of teaching: at the School for Social Workers, lectures and conferences on principles and methods of social work, with practical field work under the direction of a social agency. Practical experience in the various branches of public health nursing is arranged and supervised by the Instructive District Nursing Association.

TUITION FEE, $80.00

THE INSTRUCTIVE DISTRICT NURSING ASSOCIATION offers to qualified nurses a four months' course designed to give a basis for the varieties of public health nursing and social work where nurses are in demand. By means of lectures, conferences and supervised practical work, instruction is given in the various forms of visiting nursing, including its preventive and educational aspects. Experience is also given in the methods of organized relief.

TUITION FEE, $20.00

Both courses lead to certificates. For particulars of either course, for application blanks and scholarships, apply to

MISS ANNIE H. STRONG
561 Massachusetts Avenue, Boston, Mass.

The Woman's Hospital in the State of New York

West 110th Street

A POST GRADUATE COURSE of six months is offered in surgical, gynecological and obstetrical nursing, operating and sterilizing-room work. Twenty-five lectures are given by the Attending Surgeons and Pathologist. A special Nurse Instructor holds weekly classes with demonstrations, reviewing nursing subjects, leading to Regents' Examination if desired. Experience in the wards is supplemented by talks on Hospital and Training School management. Service in Out-Patient, Electric, and Cystoscopic Clinics, Drug Room, Kitchen, Laundry, etc., is elective. Work in Social Service is awarded those showing special fitness for it.

The Hospital is ideally situated on Cathedral Heights, near the Hudson River, and is cool and comfortable in summer. Nurses from the South will find New York delightful.

On completion of the Course a diploma is awarded. The School maintains a Registry for its graduates.

For further information apply to

Directress of Nurses

The Central Registry of Graduate Nurses

Begs to inform the physicians of Ontario that they are prepared to furnish private and visiting nurses at any hour—day or night.

TELEPHONE MAIN 3680

295 Sherbourne Street, TORONTO

MISS EWING
REGISTRAR
Graduate Sick Children's Hospital
Toronto

Pepto-Mangan (Gude)

Made in Canada

WHILE owned, controlled and manufactured in the United States, this standard Hematinic and general tonic is also manufactured in Canada, in order to more promptly meet the increasing demand due to its popularity among the medical men of the Dominion. Prescribed by physicians everywhere for more than twenty-five years.

SUPPLIED IN 11-OUNCE BOTTLES ONLY. NEVER SOLD IN BULK

LEEMING-MILES CO., LTD., MONTREAL, Agents

M. J. BREITENBACH COMPANY
New York, U.S.A.

MALTINE

With CASCARA SAGRADA

For Constipation and Hemorrhoids

CASCARA SAGRADA is acknowledged to be the best and most effective laxative know, producing painless and satisfactory movements. Combined with the nutritive, tonic and digestive properties of Maltine, it forms a preparation far excelling the various pills and potions which possess only purgative elements. The latter more or less violently FORCE the action of the bowels, and distressing reaction almost invariably follows, while Maltine with Cascara Sagrada ASSISTS NATURE, and instead of leaving the organs in an exhausted condition, so strengthens and invigorates them that their normal action is soon permanently restored.

FOR SALE BY ALL DRUGGISTS

The MALTINE COMPANY
88 Wellington Street West, TORONTO

WEDDING CAKES
A SPECIALTY

COLES

Caterer and Manufacturing Confectioner

719 Yonge Street, Toronto

The Graduate Nurses' Residence and Registry

PHONE SHERBROOKE 620
DAY OR NIGHT

753 Wolseley Ave., WINNIPEG

LISTERINE

is a valuable and efficient antiseptic for employment in the sick-room, and unlike most antiseptics has an agreeable, refreshing odor. When used as a Sponge Bath, the sense of cleanliness accompanying it is welcomed by the bed-ridden patient.

LISTERINE

has a wide field of usefulness in Professional Nursing as a general antiseptic wash or dressing for wounds, ulcers, etc.; as a douche, spray or gargle, and a most acceptable mouth wash for fever patients is made by simply adding one or two teaspoonfuls to half a glass of water.

LISTERINE

has well served the Medical Profession for thirty-five years as a safe, dependable Antiseptic for external and internal use.

Literature for Nurses, describing the many uses of Listerine, will be furnished on request.

LAMBERT PHARMACAL COMPANY

Twenty-first and Locust Streets, ST. LOUIS, Mo. 66 Gerrard Street E., TORONTO

This £50 Prize Baby was fed on

Robinson's "Patent" Barley

Physically, this boy is as nearly perfect as a child can be. In a competition organized by the "Daily Sketch" of London, England, this baby, in competition with a large number of other children, won the first prize of £50. His mother, Mrs. Ethel Hodge of Trafalgar Crescent, Bridlington, Yorks., writes as follows: "He is a fine, healthy and strong boy, as shown by the photo, having been entirely fed on Robinson's 'Patent' Barley and Milk from three months old."

Thousands of babies that have been unable to retain any other food, have been strengthened and nourished on Robinson's 'Patent' Barley. The fact that Robinson's 'Patent' Barley is prescribed by nurses and physicians is its strongest endorsation.

Nurses will find some interesting facts in our little booklet, "Advice to Mothers," which we send free to every nurse upon request.

191 St. Paul St. W. Montreal — **MAGOR, SON & CO. LTD.** Sole Agents for Canada — 30 Church St. Toronto

Sixth Annual Convention

OF THE

Canadian National Association of Trained Nurses

Montreal, June 14th and 15th, 1917

OFFICERS—1916-1917

President.....Mrs. R. Bryce Brown
First Vice-President.....Mrs. Poffard
Second Vice-President.....Miss M. Hersey
Secretary.....Miss Jean Gunn
Treasurer.....Miss DesBrisay

COUNCILLORS

Miss Bella Crosby, Miss Goodhue, Miss M. E. Retallack, Miss Tilley, Miss Madden, Miss Grey, Miss Randal.

THE
CANADIAN NURSE
A Monthly Journal for the Nursing Profession in Canada

VOL. XIII. VANCOUVER, B.C., AUGUST, 1917 No. 8

THE SIXTH ANNUAL CONVENTION
OF
THE CANADIAN NATIONAL ASSOCIATION OF TRAINED NURSES, HELD AT ROOM 159, WINDSOR HOTEL, MONTREAL, JUNE 14th and 15th, 1917.

MRS. R. BRYCE BROWN, President, occupied the chair.

The meeting was called to order at 10.30 o'clock a. m.

MRS. R. BRYCE BROWN: We have had a very strenuous year owing, perhaps, to taking over the "Canadian Nurse," and, if I attempted to tell you anything about our trouble, I would anticipate our Editor's report, as she has done a tremendous amount of work during the past year. I don't know whether you realize that in taking over the "Canadian Nurse" we took it over with only one person to do the work; that was our Editor and Business Manager, Treasurer and Secretary and Stenographer and typewriter and everything else, and Miss Randal has done this faithfully during the entire year. Up until Christmas time we were paying her the handsome sum of fifteen dollars a month. I am thankful to say that through the kindness of Toronto we have received $150 just before our meeting here, and I was able to give Miss Randal a cheque for the entire year, as we had decided that she was to get a salary of $50.00 for the first year. We know that is not a fair salary, but we did not want to handicap ourselves with a bill we could not meet; so that to-day we come to you with a clean sheet as far as our salary is concerned. If it had not been for Toronto's generosity, of course, this could not be done. Our publishing bills are heavy, as Miss Randal will show you in her report. Paper has gone up at an alarming rate, so when your "Canadian Nurse" comes to you you can realize we cannot get the paper we wish for the price.

I think in this terrible time of war there are so many things coming up that have to be done for our soldiers that it requires a great deal of study to handle all subjects effectively, and of course we have to decide which is the best thing to leave undone, and it always seemed to me that Red Cros work came first. I may be biassed in this, but I have done only what I thought was the right thing in my own mind. If you have any criticism or anything to offer in the way of helpful criticism, I hope you will give it to us. That is why we come together, to get the opinion of the different nurses and how it looks to them.